

March 27, 2012

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Subject: Response to Information Request — SO<sub>2</sub> Analytical Methods and Golden Raisin Consumption Data  
Project No. 0805389.000 IOT0

Dear Dr. Donald:

On behalf of Sun-Maid and in response to your request, we are providing you with additional information on SO<sub>2</sub> analytical testing methods for dried fruit products, along with additional information to support an estimate of a typical user's level of golden raisin consumption.

## **Analytical Methods for SO<sub>2</sub> in Dried Fruit**

The sulfur species present in dried fruit as a result of sulfuring treatment can be divided into a few general categories. These categories serve as functional or empirical descriptors, derived from analytical methods historically used by industry to assess the overall levels of sulfur present in products as a result of the sulfiting treatment. Analytical methods for food media do not directly measure "sulfur dioxide," but instead, measure a variety of sulfite species within food matrices and report them as equivalent amounts of sulfur dioxide (Wedzicha 1992; Joslyn and Braverman 1954). Confusion is created because the methods for determining the amount of sulfite (SO<sub>3</sub><sup>-</sup>), or total equivalents of sulfite present in fruit as a result of SO<sub>2</sub> gas treatment, involve a step wherein the sulfites present are converted to SO<sub>2</sub> gas prior to measurement. This rapid and quantitative conversion to SO<sub>2</sub> does not occur naturally or readily in fruit, but rather is generated by the conditions of the analytical workup.

The category descriptions discussed below (i.e., "Free" Sulfur Dioxide, "Total" Sulfur Dioxide, and "Molecular" Sulfur Dioxide) are based on review of literature and discussions with laboratories that have experience measuring sulfur species in wine and fruit. It should be noted that, to measure these species in dried fruit, the fruit must first be made into a slurry by macerating it in water, to provide an aqueous environment in which the reactions of the analysis

can occur. Attachment 1 describes the testing methods used by ETS Laboratory to measure “free,” “total,” and “molecular” SO<sub>2</sub>.

### **“Free” Sulfur Dioxide**

This term refers to the sulfite species that are present in food matrices and are rapidly and quantitatively converted to sulfur dioxide on acidification during the analytical work-up (Wedzicha et al. 1991; Wedzicha 1992; and Joslyn and Braverman 1954). “Free” sulfur dioxide is composed of a collection of species that includes gaseous or aqueous molecular SO<sub>2</sub>, and aqueous HSO<sub>3</sub><sup>-</sup> and SO<sub>3</sub><sup>=</sup>. To measure “Free” sulfur dioxide, ETS Laboratories utilizes acidification without heat in their analytical work-up.

### **“Total” Sulfur Dioxide**

This term refers to the sum of the “Free” sulfur dioxide and the sulfites reversibly bound to carbonyls in anti-browning reactions. It is all sulfur species that become converted to SO<sub>2</sub> gas on heated acidification, sometimes called acid distillation (Wedzicha et al. 1991; Wedzicha 1992; and Joslyn and Braverman 1954). The analytical work-up utilized in determining “Free” sulfur dioxide is less harsh than that used to determine “Total” sulfur dioxide. Two different methods of sample preparation for the determination of “Total” sulfur dioxide are commonly used. One method involves the application of heat and acidification of the fruit slurry. In the second method, the slurry is treated with alkali to release sulfites from the anti-browning complexes, followed by acidification to prevent re-formation of the sulfites in the reversibly bound anti-browning complexes. The acidification with heat or alkali treatment to release “Total” sulfur dioxide breaks reversibly bound anti-browning complexes, while acidification alone does not. To measure total sulfur dioxide, ETS Laboratories conducts acidification with heating in their analytical work-up. The analytical method for determination of “Total” sulfur dioxide does not recover irreversibly bound sulfites, however, because these species are irreversibly bound and therefore are unavailable to participate in the labile equilibrium. They are not a potential source of molecular sulfur dioxide (SO<sub>2</sub>).

### **“Molecular” Sulfur Dioxide**

This sulfur species is not measured directly. Rather, it is calculated based on the measured “Free” sulfur dioxide level discussed above, the known pH, and other physical parameters (Wedzicha 1992 and ETS Laboratories). “Molecular” sulfur dioxide refers to the amount of the actual SO<sub>2</sub> species present in dried fruit (not sulfite or bisulfite, but the SO<sub>2</sub> species alone). Molecular SO<sub>2</sub> is the species within the labile sulfur dioxide equilibrium and is the most relevant measurement for purposes of Proposition 65.

A thorough literature search, and discussions with various laboratories, did not uncover any effective or reliable methods for the direct determination of molecular sulfur dioxide. Accordingly, the calculation of molecular sulfur dioxide using the published equilibrium equation below provides the best estimate for assessing levels of SO<sub>2</sub> in dried fruit.

$$\text{Molecular SO}_2 = \text{"Free" sulfur dioxide} / (10^{(\text{pH} - 1.81)} + 1)$$

As we have reported to you previously, ETS reported "Molecular" SO<sub>2</sub> concentrations from four Sun-Maid Golden Raisins samples, ranging from 10.18 mg/kg to 12.05 mg/kg (avg. 11.37 mg/kg). As discussed below, golden raisins are often used in baking or cooking, and evaporative loss during cooking would likely result in levels of SO<sub>2</sub> substantially lower than the levels reported by the laboratory.

## **Golden Raisin Consumption**

As we discussed before, Sun-Maid does not have survey data on the average consumption level of golden raisins, and while survey results from the National Health and Nutrition Examination Survey (NHANES) include data for total raisin consumption, the results for raisin consumption are not broken out to identify consumption of golden raisins specifically. We understand from Sun-Maid sales experts that golden raisins, unlike dark raisins, are consumed predominantly as ingredients in a variety of foods and are not typically consumed out-of-hand as a distinct food. In the discussion below, we provide information in support of this point, along with data that help approximate the average level of golden raisin consumption.

## **Golden Raisin Production and Sales**

According to the sales data provided in Attachment 2, golden raisins represent approximately 7.6% of total raisin sales in California. As discussed with OEHHA by a Sun-Maid management expert in sales and use of their products, golden raisins are consumed predominantly as ingredients in other foods (e.g., in baked goods, salads, and confectionary). This point is supported by the seasonal pattern of golden raisin sales, in which the sales of golden raisins during holiday baking periods (i.e., Thanksgiving and Christmas) are nearly double the annual average. Also supporting the point that golden raisins are not typically eaten out-of-hand as a distinct food, the seasonal sales pattern shown in Attachment 2 shows that golden raisin sales do not jump in response to the start of the school year in September like dark raisin sales do. Although golden raisins are available in single-serve packages via on-line ordering, Sun-Maid management informs us that they are not sold in California retail outlets in single-serve packages.

### **Total Raisin Consumption Data from NHANES**

As noted above, the NHANES survey data set includes information on total raisin consumption, but it does not include data for consumption of golden raisins specifically. The NHANES data also include consumption data for foods containing raisins (not specifically golden raisins), and we provide below an estimate of the average level of raisin consumption as an ingredient of other foods. The raisin consumption data reported in the NHANES database includes consumption of both dark and golden raisins, and the average consumption rates for raisins certainly overstate golden raisin consumption. Because golden raisins are consumed primarily as ingredients of a variety of other foods, the estimates of raisin consumption as an ingredient of other foods provides a more accurate estimate of golden raisin consumption than is provided by the estimates of total raisin consumption presented below.

The NHANES 2003–2008 (NCHS 2007, 2008, 2010) is a complex multistage probability sample designed to be representative of the civilian U.S. population. The survey collects two days of food intake data, in addition to nutrition, demographic, and health information. The NHANES survey over-samples minorities, low-income groups, adolescents (12–19 years), and adults 60 years of age and older, and statistical weights are provided by the National Center for Health Statistics (NCHS) to adjust for the differential probabilities of selection. A total of 24,621 individuals in the survey period 2003–2008 provided two complete days of dietary recalls.

Exponent estimated the daily intake on a “per-user” basis. In this analysis, a “user” is anyone who reported consuming a food on either of the survey days (USDA’s “user” definition). Consumption data in the NHANES survey are reported on an “as-consumed” basis. That is, if a survey participant consumed an apple pie, the consumption amount reported in the survey for that subject would be for the amount of pie consumed, not for the ingredients (flour, butter, apples, sugar, etc.) used to make that pie. USDA provides recipes but only to the point that there is sufficient information to estimate the nutrient content of the food, and thus, the individual commodities contained in the food often are not identified.

Exponent has developed recipes that allow for further translation of foods as consumed into their various ingredients. These recipes build on “intermediate” recipes that have been developed by USDA and CDC and are used in Exponent’s FARE™ software to estimate consumption of commodities such as raisins, because many of the USDA and CDC recipes contain ingredients that contain multiple commodities. Exponent used the statistically weighted consumption values from the survey in its analyses. The statistical weights, which are developed by the NCHS, compensate for variable probabilities of selection, adjust for non-response, and thus provide intake estimates that are representative of the U.S. population.

In addition to estimates of consumption per eating occasion, NHANES also estimates the frequency of consumption from a separate part of the survey questionnaire. Respondents were asked, "How often did you eat dried fruit, such as prunes or raisins?"

Exponent used the results of this question to estimate the number of times per day that dried fruit was consumed. The resulting estimates are an overestimate of golden raisin consumption, because the respondent's response to that question includes all raisins and other dried fruits as well.

As noted above, NHANES reports consumption data for raisins consumed as a distinct food and as an ingredient in many different food items. The NHANES survey estimates consumption for individual eating occasions and also estimates how frequently raisins are consumed. Table 1 estimates the amount of raisins consumed during a single eating occasion as a distinct food (i.e., not in a mixed-ingredient food), as well as the frequency of consumption in any form. Like most other foods, the consumption of raisins falls in a log-normal distribution. Accordingly, the most representative estimate of typical or average intake of all raisins is the geometric mean of 18 grams per eating occasion.

**Table 1. Estimated consumption amount and frequency<sup>1</sup>**

Dried Product	Unweighted N	Eating Occasion (g/EO) <sup>1</sup>		EO/day <sup>2,3</sup>		Typical Intake (g/day) <sup>4</sup>	
		Geometric Mean	Arithmetic Mean	Geometric Mean	Arithmetic Mean	Geometric Mean	Arithmetic Mean
Raisins (golden and dark)	542	18.02	26.49	0.03	0.11	0.59	2.82

EO—eating occasion

<sup>1</sup> Food Consumption (g/EO): NHANES 2003–2006 data, overall U.S. population

<sup>2</sup> Food Frequency Questionnaire (typical frequency): NHANES 2003–2006 data, U.S. 2+ yrs

<sup>3</sup> Based on answers to the FFQ question, "Over the past 12 months, how often did you eat dried fruit, such as prunes or raisins?"

<sup>4</sup> Product of g/EO and EO/d

Taking consumption frequency into account, the typical daily intake would be 0.59 grams/day. These estimates of consumption overstate golden raisin consumption, because golden raisins are a fraction of total raisin consumption.

<sup>1</sup> For presentation purposes, estimated intake levels in Tables 1 and 2 are provided to two significant figures. Actual survey data are not as sufficiently precise.

## **Total Raisin (Dark and Golden) Consumption as an Ingredient in Other Foods**

Table 2 provides estimates of the consumption of raisins that are consumed in a variety of different products such as breads and breakfast cereals. As is true for the estimates of raisins consumed alone as a distinct food item, the estimates of raisin consumption as an ingredient presented below include both dark and golden raisins.

As can be seen from Table 2, most products contain only small amounts of raisins (golden and/or dark), and the highest reported consumption is 17 grams from dried fruit mixtures. When both the amount of raisins consumed per eating event and the frequency of consumption are taken into account, the total estimated daily intake of raisins consumed as an ingredient in all reported food sources is a little over 5 grams per day, and the average consumption per eating event of foods with raisins as an ingredient is about 9 grams per day.<sup>2</sup>

## **Recipe Evaluation**

In another approach to estimating the amount of golden raisins consumed per eating event, Sun-Maid performed an extensive on-line search for recipes calling for golden raisins. From the 2018 recipes they found, they calculated the weight of golden raisins in a serving of each recipe. A listing of the on-line websites, along with the recipe and consumption of golden raisins per serving, is provided in Attachment 3. As shown in the Attachment, the average amount of golden raisins in a serving of the recipes identified is about 12 grams.

## **Conclusion**

With regard to the analytical testing methods, the sulfur species present in dried fruit as a result of sulfuring treatment can be described using various analytical measurements. For purposes of Proposition 65 assessments, the calculated “molecular SO<sub>2</sub>” is the most relevant measurement, because it refers to the actual SO<sub>2</sub> species present in dried fruit (not sulfite or bisulfite, but the SO<sub>2</sub> species only). The average reported “Molecular SO<sub>2</sub>” concentration for Sun-Maid golden raisins was 11.37 mg/kg. We note that many of the recipes for golden raisins involve baking or cooking. As a result of cooking, we expect that the level of SO<sub>2</sub> in the raisins used in these recipes would be reduced substantially by evaporative loss during cooking and that the level of SO<sub>2</sub> measured in raw raisins would be much higher than the levels in cooked recipes.

Although Sun-Maid does not have survey data on actual golden raisin consumption, use of the NHANES data to estimate golden raisin consumption by evaluating the consumption of raisins as an ingredient, and making the assumption that raisins consumed as ingredients represent the

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<sup>2</sup> Nine grams per day is based on the average of the arithmetic mean for all eating categories

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consumption of golden raisins, indicates that golden raisin consumption is roughly 9 grams per day. This estimate is consistent with the amounts of raisins in recipes that were obtained through an internet search.

Assuming an average SO<sub>2</sub> concentration of 11 mg/kg for golden raisins, which ignores the likely decline in SO<sub>2</sub> concentrations that would occur during cooking, an intake level in excess of 19 grams per day of golden raisins would be needed to produce an SO<sub>2</sub> level above Proposition 65's presumed Safe Harbor Level of 220 µg/day. Considering that the typical intake of golden raisins is roughly 9 grams per day, daily exposure to SO<sub>2</sub> from consumption of golden raisins would be well below the presumed Safe Harbor Level.

Sincerely,



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Director of the Center for Exposure  
Assessment and Dose Reconstruction



Barbara Peterson, Ph.D.  
Principal and Practice Director  
Center for Chemical Regulation and Food Safety

c.c. Barry Kriebel, Sun-Maid

Attachments (4)

## References

- Joslyn, M.A., and J.B.S. Braverman. 1954. The chemistry and technology of the pretreatment and preservation of fruit and vegetable products with sulfur dioxide and sulfites. In: Mrak, E.M. and G.F. Stewart (Eds.). Advances in food research, Vol 5. Academic Press Inc., New York.
- Wedzicha, B.L., I. Bellion, and S.J. Goddard. 1991. Inhibition of browning by sulfites. In: Friedman, M. (Ed.). Nutritional and toxicological consequences of food processing. Plenum Press, New York.
- Wedzicha, B.L. 1992. Chemistry of sulphiting agents in food. Food Addit. Contam. 9(5):449–459.

**Table 2. Typical intake of raisins (golden and dark raisins) by the U.S. population**

Raisin from food categories	Un-weighted N	Eating Occasion (g/EO) <sup>1</sup>		EO/day <sup>2,3</sup>		Typical Intake (g/day) <sup>4</sup>	
		Geometric Mean	Arithmetic Mean	Geometric Mean	Arithmetic Mean	Geometric Mean	Arithmetic Mean
Doughnuts/sweet rolls/danish/pop tarts	1137	1.77	2.55	0.05	0.11	0.09	0.29
RTE Cereal, whole grain	784	5.34	9.35	0.14	0.29	0.76	2.73
Granola bars	632	0.67	1.00	0.04	0.11	0.02	0.11
Dried Fruit	361	16.99	26.24	0.03	0.11	0.56	2.79
Brownies/Cookies	188	1.15	2.15	0.09	0.20	0.10	0.43
English muffins/Bagels	173	8.73	10.50	0.04	0.11	0.37	1.21
Bread	156	4.14	4.95	0.38	0.63	1.58	3.14
Nuts/seeds/whole	133	12.55	19.36	0.05	0.15	0.68	2.91
Muffins/Dessert Breads	129	4.74	6.16	0.03	0.06	0.13	0.39
Pudding/Custard	129	6.28	10.83	0.03	0.06	0.17	0.69
Candy*	74	3.43	7.33	0.17	0.39	0.58	2.86
Cakes*	74	7.92	10.32	0.03	0.06	0.23	0.64
Coleslaw*	15	--	--	--	--	--	--
Chicken mixtures*	14	--	--	--	--	--	--
Carrots, raw*	13	--	--	--	--	--	--
Biscuits*	8	--	--	--	--	--	--
Pies, fruit*	4	--	--	--	--	--	--
Rice/grains/white*	1	--	--	--	--	--	--
<b>Total Raisin</b>						5.25	18.19

\* Inadequate sample size to produce reliable estimates.

EO—eating occasion

<sup>1</sup> Food Consumption (g/EO): NHANES 2003–2006 data, overall U.S. population

<sup>2</sup> Food Frequency Questionnaire (typical frequency): NHANES 2003–2006 data, U.S. 2+ yrs

<sup>3</sup> Based on answers to the FFQ question, "Over the past 12 months, how often did you eat dried fruit, such as prunes or raisins?"

<sup>4</sup> Product of g/EO and EO/d

Table 3: Results of On-line web search for recipes containing golden raisins

SOURCE	CATEGORY	NAME OF RECIPE	COMMON NAME	RECIPE AMOUNT	GRAMS	SERVINGS/RECIPE	GRAMS PER SERVING
ALLRECIPES.COM	COOKIES & SWEETS	X COOKIES	COOKIES	1/4 CUP	40	60	0.67
ALLRECIPES.COM	SIDE DISHES	SPICY TOMATO CHUTNEY	CHUTNEY	1/4 CUP	40	32	1.25
ALLRECIPES.COM	SIDE DISHES	DRIED FRUIT & SAUSAGE DRESSING	STUFFING	2 TBLS	20	12	1.67
ALLRECIPES.COM	BREADS	SUGARPLUM SPICE BREAD	BREAD	1/2 CUP	80	40	2.00
ALLRECIPES.COM	SIDE DISHES	CRANBERRY CHUTNEY II	CHUTNEY	1/3 CUP	53.33	22	2.42
ALLRECIPES.COM	BREAKFAST	SAUTEED APPLES & RAISINS	APPLES	1/4 CUP	40	16	2.50
ALLRECIPES.COM	MAIN DISHES	MARMALADE RAISIN GLAZED HAM	HAM	1/4 CUP	40	16	2.50
ALLRECIPES.COM	MAIN DISHES	SWEET BACON WRAPPED PORK LOIN	PORK	2 TBLS	20	8	2.50
ALLRECIPES.COM	COOKIES & SWEETS	OATMEAL RAISIN COOKIES	COOKIES	1/2 CUP	80	30	2.67
ALLRECIPES.COM	BREADS	CZECH CHRISTMAS HOSKA	BREAD	1/2 CUP	80	30	2.67
ALLRECIPES.COM	COOKIES & SWEETS	MARK'S DELIGHT	COOKIES	3/4 CUP	120	40	3.00
ALLRECIPES.COM	DESSERTS	MARTHA WASHINGTON'S CAKE	CAKE	2 3/4 CUPS	440	140	3.14
ALLRECIPES.COM	DESSERTS	RAISIN CHEESECAKE	CHEESECAKE	1/4 CUP	40	12	3.33
ALLRECIPES.COM	DESSERTS	APPLESAUCE RUM-RAISIN CAKE	CAKE	1/2 CUP	80	24	3.33
ALLRECIPES.COM	BREADS	PULL-APART HOT CROSS BUNS	BUNS	1/4 CUP	40	12	3.33
ALLRECIPES.COM	BREAKFAST	WHOLE WHEAT PUMPKIN-APPLESAUCE MUFFINS	MUFFINS	1/4 CUP	40	12	3.33
ALLRECIPES.COM	SIDE DISHES	SPICED CRANBERRY APPLE CHUTNEY	CHUTNEY	1 CUP	160	48	3.33
ALLRECIPES.COM	SIDE DISHES	CHUNKY FRUIT & NUT RELISH CONDIMENT	RELISH	1/2 CUP	80	24	3.33
ALLRECIPES.COM	SALADS	GARDEN PARTY SALAD	SALAD	2 TBLS	20	6	3.33
ALLRECIPES.COM	BREADS	JULE KAGA	BREAD	1 CUP	160	48	3.33
ALLRECIPES.COM	COOKIES & SWEETS	CHRISTMAS COOKIES II	COOKIES	1 CUP	160	48	3.33
ALLRECIPES.COM	SIDE DISHES	KICKIN' PORTOBELLO DRESSING	STUFFING	1/4 CUP	40	12	3.33
ALLRECIPES.COM	COOKIES & SWEETS	FRUIT BALLS	CANDY	1/2 CUP	80	24	3.33
ALLRECIPES.COM	COOKIES & SWEETS	TEXAS LIZZIES	COOKIES	1 1/4 CUPS	200	60	3.33
ALLRECIPES.COM	COOKIES & SWEETS	GOLDEN HARVEST COOKIES	COOKIES	1/2 CUP	80	21	3.81
ALLRECIPES.COM	DESSERTS	GOLDEN APPLE BUNDLES	APPLES	1/4 CUP	40	10	4.00
ALLRECIPES.COM	DESSERTS	RAISIN CHEESECAKE	CHEESECAKE	1/4 CUP	40	10	4.00
ALLRECIPES.COM	MAIN DISHES	DEVIL DAN'S FRUIT-STUFFED BONELESS TURKEY	TURKEY	1/4 CUP	40	10	4.00
ALLRECIPES.COM	DESSERTS	DATE HAROSET	DATES/WALNUTS	1 CUP	160	40	4.00
ALLRECIPES.COM	DESSERTS	CREAM CHEESE COFFEE CAKE I	CAKE	1/3 CUP	53.33	12	4.44
ALLRECIPES.COM	BREAKFAST	GOLDEN GRANOLA	GRANOLA	1/2 CUP	80	18	4.44
ALLRECIPES.COM	BREADS	ZUCCHINI BREAD W/CINNAMON SUGAR TOPPING	BREAD	1/2 CUP	80	18	4.44
ALLRECIPES.COM	COOKIES & SWEETS	GUMDROP COOKIES I	COOKIES	1/2 CUP	80	18	4.44
ALLRECIPES.COM	COOKIES & SWEETS	DISHPAN CHOCOLATE CHIP COOKIES	COOKIES	1 CUP	160	36	4.44
ALLRECIPES.COM	COOKIES & SWEETS	HOLIDAY GUMDROP COOKIES	COOKIES	1/2 CUP	80	18	4.44
ALLRECIPES.COM	COOKIES & SWEETS	FRUIT MADNESS COOKIES	COOKIES	1 CUP	160	36	4.44
ALLRECIPES.COM	COOKIES & SWEETS	GOLDEN RAISIN OATMEAL COOKIES	COOKIES	2/3 CUP	106.67	24	4.44
ALLRECIPES.COM	COOKIES & SWEETS	GOLDEN RAISIN OATMEAL COOKIES	COOKIES	2/3 CUP	106.67	24	4.44
ALLRECIPES.COM	DESSERTS	HUNGARIAN BEIGLI	ROLLS	2/3 CUP	106.67	24	4.44
ALLRECIPES.COM	COOKIES & SWEETS	AUSTRALIAN FEDERATION BISCUITS (COOKIES)	COOKIES	1 1/2 CUPS	240	50	4.80
ALLRECIPES.COM	SALADS	BROCCOLI SALAD I	SALAD	1/4 CUP	40	8	5.00
ALLRECIPES.COM	COOKIES & SWEETS	ITALIAN FIG COOKIES II	COOKIES	3/4 CUP	120	24	5.00
ALLRECIPES.COM	BREADS	CRANBERRY STREUSEL LOAF	BREAD	1/2 CUP	80	16	5.00
ALLRECIPES.COM	DESSERTS	FRENCH QUARTER BREAD PUDDING	PUDDING	1/4 CUP	40	8	5.00
ALLRECIPES.COM	COOKIES & SWEETS	FRUITCAKE COOKIES I	COOKIES	4 1/2 CUPS	720	144	5.00
ALLRECIPES.COM	MAIN DISHES	HOLIDAY GAME HENS	GAME HENS	1 TBLS	10	2	5.00
ALLRECIPES.COM	SIDE DISHES	SPICY PERSIMMON CHUTNEY	CHUTNEY	1 CUP	160	32	5.00
ALLRECIPES.COM	SIDE DISHES	GRANDMA'S ELAINE'S UNSTUFFED SWEET & SOUR CABBAGE	CABBAGE	1/3 CUP	53.33	10	5.33
ALLRECIPES.COM	BREADS	ST JOSEPH'S BREAD	BREAD	1/3 CUP	53.33	10	5.33
ALLRECIPES.COM	SIDE DISHES	ROASTED PEPPERS W/PINE NUTS & PARSLEY	PEPPERS	1/3 CUP	53.33	10	5.33
ALLRECIPES.COM	COOKIES & SWEETS	FROSTED SPICE COOKIES	COOKIES	1 CUP	160	30	5.33
ALLRECIPES.COM	DESSERTS	APRICOT FRUITCAKE	CAKE	1 CUP	160	28	5.71
ALLRECIPES.COM	BREADS	GRAMMA GOOD'S FENNEL BREAD	BREAD	1 1/2 CUPS	240	40	6.00
ALLRECIPES.COM	DESSERTS	BUTTERSCOTCH RAISIN BREAD PUDDING	PUDDING	1/3 CUP	53.33	8	6.67
ALLRECIPES.COM	SALADS	FRUITY CURRY CHICKEN SALAD	SALAD	1/3 CUP	53.33	8	6.67
ALLRECIPES.COM	SALADS	FRUITED CURRY CHICKEN SALAD	SALAD	1/3 CUP	53.33	8	6.67
ALLRECIPES.COM	MAIN DISHES	MOUSSAKA COTTAGE PIE	BEEF/TURKEY	1/3 CUP	53.33	8	6.67
ALLRECIPES.COM	DESSERTS	NEW MEXICO OATMEAL PIE	PIE	1/3 CUP	53.33	8	6.67
ALLRECIPES.COM	BREADS	RAISIN LOAF	BREAD	1/2 CUP	80	12	6.67
ALLRECIPES.COM	SIDE DISHES	CRANBERRY SAUCE W/APRICOTS, RAISINS, & ORANGE	CRANBERRY SAUCE	1 CUP	160	24	6.67
ALLRECIPES.COM	DESSERTS	BREAD PUDDING W/WHISKEY SAUCE III	PUDDING	1/2 CUP	80	12	6.67
ALLRECIPES.COM	BREADS	SOUTHERN SWEET POTATO BREAD W/PECANS	BREAD	1/2 CUP	80	12	6.67
ALLRECIPES.COM	SALADS	APPLE ALMOND CRUNCH SALAD	SALAD	1/4 CUP	40	6	6.67
ALLRECIPES.COM	BREAKFAST	BRAN MUFFINS A LA BRIAN	MUFFINS	1/2 CUP	80	12	6.67
ALLRECIPES.COM	DESSERTS	GEORGIA'S TENNESSEE JAM CAKE	CAKE	1/2 CUP	80	12	6.67
ALLRECIPES.COM	SALADS	REALLY, TRULY GORGEOUS DRIED FRUIT SALAD	SALAD	1/2 CUP	80	12	6.67
ALLRECIPES.COM	SNACKS	KARLI'S ULTIMATE TRAIL MIX	TRAIL MIX	1/2 CUP	80	12	6.67
ALLRECIPES.COM	DESSERTS	APRICOT FRUITCAKE	CAKE	1 CUP	160	24	6.67
ALLRECIPES.COM	BREADS	BABKA I	BREAD	1 1/2 CUPS	240	36	6.67
ALLRECIPES.COM	DESSERTS	FRENCH FRUITCAKE	CAKE	1/2 CUP	80	12	6.67
ALLRECIPES.COM	DESSERTS	INDIAN SPICED RICE TREATS	RICE TREAT	1 CUP	160	24	6.67
ALLRECIPES.COM	DESSERTS	APRICOT NOODLE KUGEL	KUGEL	1/2 CUP	80	12	6.67
ALLRECIPES.COM	BREADS	RICE BREAD (PIROG)	BREAD	3/4 CUP	120	18	6.67
ALLRECIPES.COM	COOKIES & SWEETS	OATMEAL FRUIT COOKIE MIX IN A JAR	COOKIES	1/2 CUP	80	12	6.67
ALLRECIPES.COM	DESSERTS	NELL'S IRISH BOILED CAKE	CAKE	1/2 CUP	80	12	6.67
ALLRECIPES.COM	DESSERTS	SAUSAGE CHRISTMAS CAKE	CAKE	1/2 CUP	80	12	6.67
ALLRECIPES.COM	DESSERTS	THIRTY DAY FRIENDSHIP CAKE	CAKE	2 CUPS	320	48	6.67
ALLRECIPES.COM	SNACKS	CINNAMON SNACK MIX	SNACKS	1 CUP	160	24	6.67
ALLRECIPES.COM	SIDE DISHES	CARROTS W/APRICOT PRESERVES	CARROTS	1/4 CUP	40	6	6.67
ALLRECIPES.COM	MAIN DISHES	PORK CHOPS W/APRICOT RICE	PORK/RICE	1/4 CUP	40	6	6.67
ALLRECIPES.COM	DESSERTS	LEMON FIESTA CAKE	CAKE	1/2 CUP	80	12	6.67
ALLRECIPES.COM	BREADS	GRANOLA RAISIN BREAD	BREAD	3/4 CUP	120	16	7.50
ALLRECIPES.COM	DESSERTS	MARTHA WASHINGTON PIE	PIE	3/4 CUP	120	16	7.50
ALLRECIPES.COM	MAIN DISHES	BEEF & ALMOND STUFFED ZUCCHINI BOATS	BEEF/ZUCCHINI	3 TBLS	30	4	7.50
ALLRECIPES.COM	MAIN DISHES	CHICKEN SALAD W/PINE NUTS & RAISINS	SALAD	1/3 CUP	53.33	7	7.62
ALLRECIPES.COM	BREADS	HUNZA BREAD II	BREAD	1 CUP	160	20	8.00
ALLRECIPES.COM	BREADS	ABBY'S SUPER ZUCCHINI LOAF	BREAD	1 CUP	160	20	8.00
ALLRECIPES.COM	SALADS	CREAM CHEESE FRUIT SALAD	SALAD	1/2 CUP	80	8	10.00
ALLRECIPES.COM	SIDE DISHES	CRUNCHY APPLE-PECAN SLAW	SALAD	1/2 CUP	80	10	8.00
ALLRECIPES.COM	DESSERTS	CRANBERRY CORNMEAL CAKE	CAKE	1/2 CUP	80	10	8.00
ALLRECIPES.COM	SALADS	FRUIT RICE SALAD	SALAD	1/3 CUP	53.33	6	8.89
ALLRECIPES.COM	SIDE DISHES	CHILE RELLENOS W/SALSA VERDE CREAM SAUCE	SAUCE	1/3 CUP	53.33	6	8.89
ALLRECIPES.COM	MAIN DISHES	ROUND HAM LOAF	HAM	1/3 CUP	53.33	6	8.89
ALLRECIPES.COM	SIDE DISHES	SPICY & SWEET SPINACH	SPINACH	1/3 CUP	53.33	6	8.89
ALLRECIPES.COM	DESSERTS	OATMEAL RAISINS BARS	BARS	2 CUPS	320	36	8.89
ALLRECIPES.COM	BREAKFAST	PUMPKIN RAISIN SCONES	SCONES	2 CUPS	320	36	8.89
ALLRECIPES.COM	DESSERTS	WILLIAMSBURG ORANGE CAKE	CAKE	1 CUP	160	18	8.89
ALLRECIPES.COM	SALADS	SIMPLE SPINACH SALAD	SALAD	1/2 CUP	80	9	8.89
ALLRECIPES.COM	DESSERTS	MINI CHESS PIES	PIE	1 CUP	160	18	8.89
ALLRECIPES.COM	SIDE DISHES	TOMATO TOMATILLO CHUTNEY - 'TOM TOM'	CHUTNEY	1 1/2 CUPS	240	25	9.60
ALLRECIPES.COM	DESSERTS	SUGAR-FREE RAISIN BARS	BARS	1 CUP	160	16	10.00
ALLRECIPES.COM	SIDE DISHES	RAISIN SAUCE FOR HAM	SAUCE	1/2 CUP	80	8	10.00
ALLRECIPES.COM	BREADS	CINNAMON-RAISIN BUTTERMILK BISCUITS	BISCUITS	1/4 CUP	40	4	10.00
ALLRECIPES.COM	DESSERTS	APPLE CRUMB PIE	PIE	1/2 CUP	80	8	10.00

ALLRECIPES.COM	SALADS	BROCCOLI CHICKEN SALAD	SALAD	2 TBLS	20	2	10.00
ALLRECIPES.COM	BREADS	IRISH SODA BREAD	BREAD	1 CUP	160	16	10.00
ALLRECIPES.COM	DESSERTS	MOM'S BUTTER TARTS	TARTS	1 1/2 CUPS	240	24	10.00
ALLRECIPES.COM	SALADS	WARM & LIMEY CHICKEN SALAD	SALAD	1/4 CUP	40	4	10.00
ALLRECIPES.COM	DESSERTS	CRANBERRY CHERRY PIE	PIE	1/2 CUP	80	8	10.00
ALLRECIPES.COM	DESSERTS	EXQUISITE PIE	PIE	1 CUP	160	16	10.00
ALLRECIPES.COM	DESSERTS	OSGOOD PIE	PIE	1 CUP	160	16	10.00
ALLRECIPES.COM	MAIN DISHES	BACALAO A LA VIZCAINA (BASQUE STYLE CODFISH STEW)	STEW	1/2 CUP	80	8	10.00
ALLRECIPES.COM	DESSERTS	CRANBERRY CHERRY PIE	PIE	1/2 CUP	80	8	10.00
ALLRECIPES.COM	DESSERTS	BAKED STUFFED PEARS	PEARS	1/4 CUP	40	4	10.00
ALLRECIPES.COM	SIDE DISHES	CURRIED RICE MIX	RICE	1/2 CUP	80	8	10.00
ALLRECIPES.COM	SIDE DISHES	COUCOUS PEPPER CUPS	PEPPERS	2 TBLS	20	2	10.00
ALLRECIPES.COM	MAIN DISHES	PAN ROASTED HALIBUT W/CALVADOS & SERRANO HAM-BUTTER SAUCE	HALIBUT	1/4 CUP	40	4	10.00
ALLRECIPES.COM	BREADS	CRANBERRY ORANGE BREAD	BREAD	1 CUP	160	16	10.00
ALLRECIPES.COM	SIDE DISHES	SAVORY WHEAT & GRAIN DRESSING	STUFFING	1/2 CUP	80	8	10.00
ALLRECIPES.COM	DESSERTS	SAGO PLUM PUDDING I	PUDDING	1/2 CUP	80	8	10.00
ALLRECIPES.COM	DESSERTS	GARDENIA PIE	PIE	1/2 CUP	80	8	10.00
ALLRECIPES.COM	BREADS	HOBO BREAD	BREAD	1 CUP	160	15	10.67
ALLRECIPES.COM	DESSERTS	RAISIN BUTTER TARTS	TARTS	1 CUP	160	14	11.43
ALLRECIPES.COM	BREAKFAST	GOLDEN CINNAMON GRANOLA	GRANOLA	2/3 CUP	106.67	9	11.85
ALLRECIPES.COM	MAIN DISHES	BIANA	PORK	1/3 CUP	53.33	4	13.33
ALLRECIPES.COM	MAIN DISHES	MOROCCAN CHICKEN STEW	STEW	1/3 CUP	53.33	4	13.33
ALLRECIPES.COM	SALADS	APPLE-RAISIN SPINACH SALAD	SALAD	1/2 CUP	80	6	13.33
ALLRECIPES.COM	SIDE DISHES	CASHEW RAISIN RICE PILAF	RICE	1 CUP	160	12	13.33
ALLRECIPES.COM	COOKIES & SWEETS	ROSY RAISIN NUT COOKIES	COOKIES	1/2 CUP	80	6	13.33
ALLRECIPES.COM	COOKIES & SWEETS	OATMEAL RAISIN COOKIES II	COOKIES	1 CUP	160	12	13.33
ALLRECIPES.COM	SIDE DISHES	CRANBERRY APPLE RAISIN STUFFING	STUFFING	1 CUP	160	12	13.33
ALLRECIPES.COM	DESSERTS	WHITE FRUITCAKE	CAKE	3 CUPS	480	36	13.33
ALLRECIPES.COM	DESSERTS	SUGARLESS FRUITCAKE	CAKE	1 CUP	160	12	13.33
ALLRECIPES.COM	DESSERTS	CARROT CAKE I	CAKE	1 CUP	160	12	13.33
ALLRECIPES.COM	DESSERTS	BAKED PLUM PUDDING DESSERT	PUDDING	1 CUP	160	12	13.33
ALLRECIPES.COM	SALADS	SURPRISE TUNA SALAD	SALAD	1/2 CUP	80	6	13.33
ALLRECIPES.COM	SIDE DISHES	CASHEW RICE PILAF	RICE	1 CUP	160	12	13.33
ALLRECIPES.COM	DESSERTS	ORANGE RHUBARB PIE	PIE	1/2 CUP	80	6	13.33
ALLRECIPES.COM	SALADS	CRISPY N CRUNCHY SALAD	SALAD	1/2 CUP	80	6	13.33
ALLRECIPES.COM	DESSERTS	MINI APPLE PIE	PIE	1/2 CUP	80	6	13.33
ALLRECIPES.COM	BREADS	FOUR PROVINCES BROWN SODA BREAD	BREAD	1 CUP	160	12	13.33
ALLRECIPES.COM	SIDE DISHES	APPLE-STUFFED ACORN SQUASH	SQUASH	1/2 CUP	80	6	13.33
ALLRECIPES.COM	DESSERTS	BUTTERSCOTCH APPLESAUCE CAKE	CAKE	1 CUP	160	12	13.33
ALLRECIPES.COM	BREADS	SWEET SAUSAGE COFFEE RING	BREAD	1 CUP	160	12	13.33
ALLRECIPES.COM	SIDE DISHES	HURRICANE CARROTS	CARROTS	1/2 CUP	80	6	13.33
ALLRECIPES.COM	BREAKFAST	NUTTY GRANOLA II	GRANOLA	1 1/2 CUPS	240	17	14.12
ALLRECIPES.COM	BREAKFAST	HONEY BRAN MUFFINS	MUFFINS	2 CUPS	320	20	16.00
ALLRECIPES.COM	SIDE DISHES	ALMOND WILD RICE	RICE	1 CUP	160	10	16.00
ALLRECIPES.COM	DESSERTS	KENTUCKY BOURBON CAKE	CAKE	8 OZ	226.4	14	16.17
ALLRECIPES.COM	DESSERTS	CHERRY NUT CAKE II	CAKE	1 1/2 CUPS	240	14	17.14
ALLRECIPES.COM	DESSERTS	BREAD PUDDING II	PUDDING	1 CUP	160	9	17.78
ALLRECIPES.COM	DESSERTS	VERSATILE BREAD PUDDING	PUDDING	1 CUP	160	9	17.78
ALLRECIPES.COM	MAIN DISHES	GRILLED LAMB CHOPS W/CURRY, APPLE & RAISIN SAUCE	LAMB CHOPS	2/3 CUP	106.67	6	17.78
ALLRECIPES.COM	DESSERTS	RAISIN PIE I	PIE	1 CUP	160	8	20.00
ALLRECIPES.COM	SIDE DISHES	BAKED APPLE-RAISIN STUFFING	STUFFING	1/4 CUP	40	2	20.00
ALLRECIPES.COM	DESSERTS	CRUNCHY CINNAMON RAISIN BUNS	RAISIN BUNS	1 1/2 CUPS	240	12	20.00
ALLRECIPES.COM	DESSERTS	SOUR CREAM RAISIN PIE II	PIE	1 CUP	160	8	20.00
ALLRECIPES.COM	SIDE DISHES	CURRIED RICE PILAF	RICE	1/2 CUP	80	4	20.00
ALLRECIPES.COM	BREADS	GRANDMOTHER'S FAMOUS CRANBERRY BREAD	BREAD	1 1/2 CUPS	240	12	20.00
ALLRECIPES.COM	SIDE DISHES	EL MESTOUK	SOUP	1/2 CUP	80	4	20.00
ALLRECIPES.COM	BREADS	FRUIT LOAF	BREAD	3/4 CUP	120	6	20.00
ALLRECIPES.COM	MAIN DISHES	APPLE CHUTNEY CHOPS	PORK	1/2 CUP	80	4	20.00
ALLRECIPES.COM	DESSERTS	ENGLISH CHRISTMAS CAKE	CAKE	2 CUPS	320	16	20.00
ALLRECIPES.COM	SALADS	JENNY'S SWEET WALDORF SALAD	SALAD	1 CUP	160	8	20.00
ALLRECIPES.COM	SIDE DISHES	VENDAKKA PAALU	OKRA CURRY	1/4 CUP	40	2	20.00
ALLRECIPES.COM	DESSERTS	VERY SPECIAL TOMATO SPICE CAKE	CAKE	1 1/2 CUPS	240	12	20.00
ALLRECIPES.COM	DESSERTS	RICH DARK FRUITCAKE	CAKE	6 CUPS	960	40	24.00
ALLRECIPES.COM	DESSERTS	SCOTTISH PUDDING	PUDDING	1 1/4 CUPS	200	8	25.00
ALLRECIPES.COM	DESSERTS	APPLE & RAISIN SAUCE	APPLES	1/3 CUP	53.33	2	26.67
ALLRECIPES.COM	SALADS	CARROT RAISIN SALAD	SalAD	1/3 CUP	53.33	2	26.67
ALLRECIPES.COM	DESSERTS	CRANBERRY RAISIN PIE	PIE	1 CUP	160	6	26.67
ALLRECIPES.COM	SNACKS	MANGO CHUTNEY CHEESE BALL	CHUTNEY	1 CUP	160	6	26.67
ALLRECIPES.COM	SIDE DISHES	BOOZY RICE W/NUTS & BERRIES	RICE	2 CUPS	320	12	26.67
ALLRECIPES.COM	DESSERTS	CREAMY RICE PUDDING	PUDDING	2/3 CUP	106.67	4	26.67
ALLRECIPES.COM	MAIN DISHES	SICILIAN LEMON CHICKEN W/RAISIN-TOMATO SAUCE	CHICKEN	3/4 CUP	120	4	30.00
ALLRECIPES.COM	DESSERTS	SOUR CREAM RAISIN PIE IV	PIE	1 1/2 CUPS	240	8	30.00
ALLRECIPES.COM	SALADS	SLEEPY HOLLOW CHICKEN SALAD SUPREME	SALAD	3/4 CUP	120	4	30.00
ALLRECIPES.COM	DESSERTS	CRUSHED PINEAPPLE FRUITCAKE	CAKE	3 CUPS	480	16	30.00
ALLRECIPES.COM	BREADS	SELKIRK BANNOCK	BREAD	2 1/2 CUPS	400	12	33.33
ALLRECIPES.COM	DESSERTS	RAISIN PIE III	PIE	2 CUPS	320	8	40.00
ALLRECIPES.COM	SALADS	CHUTNEY TURKEY SALAD	SALAD	1 CUP	160	4	40.00
ALLRECIPES.COM	MAIN DISHES	MOROCCAN CHICKPEA STEW	STEW	1 CUP	160	4	40.00
ALLRECIPES.COM	DESSERTS	EASY LIGHT FRUITCAKE	CAKE	6 CUPS	960	24	40.00
ALLRECIPES.COM	MAIN DISHES	SPINACH TURKEY PENNE	TURKEY	1/4 CUP	40	1	40.00
ALLRECIPES.COM	DESSERTS	VERY MOIST GUMDROP CAKE	CAKE	9 CUPS	1440	30	48.00
CALRAISINS.ORG	DESSERTS	LA BREA CARROT-RAISIN BABY CAKES	CAKE	1/2 CUP	80	48	1.67
CALRAISINS.ORG	DESSERTS	BISCOTTI W/RAISINS & DRIED CHERRIES	BISCOTTI	1/2 CUP	80	36	2.22
CALRAISINS.ORG	SIDE DISHES	BISCOTTI W/RAISINS & DRIED CHERRIES-GLUTEN FREE	RICE	1/2 CUP	80	36	2.22
CALRAISINS.ORG	SNACKS	HONEY RAISIN MOJITO	SNACKS	6 RAISINS	2.4	1	2.40
CALRAISINS.ORG	BREAKFAST	CORNMEAL PANCAKES W/RAISIN APPLE BUTTER	PANCAKES	2 1/2 TBLS	25	8	3.13
CALRAISINS.ORG	BREADS	CALIFORNIA RAISIN & PUMPKIN SPICE BREAD	BREAD	1/2 CUP	80	24	3.33
CALRAISINS.ORG	MAIN DISHES	PECAN CRUSTED CHICKEN W/RAISIN-WATERMELON SALAD	CHICKEN/SALAD	2 TBLS	20	6	3.33
CALRAISINS.ORG	SIDE DISHES	HARVEST SALSA	SALSA	3/4 CUP	120	36	3.33
CALRAISINS.ORG	DESSERTS	APRICOT SPICY CUSTARD TART	TARTS	1/4 CUP	40	12	3.33
CALRAISINS.ORG	SIDE DISHES	GOLDEN RAISIN-PEACH VINAIGRETTE	DRESSING	6 TBLS	60	16	3.75
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA GOLDEN RAISIN VINAIGRETTE	DRESSING	1/4 CUP	40	10	4.00
CALRAISINS.ORG	SIDE DISHES	TOMATO-RAISIN COULIS	SAUCE	1/2 CUP	80	20	4.00
CALRAISINS.ORG	DESSERTS	WHITE CHOCOLATE BANANA BAVARIAN, TROPICAL SALSA & SAUCES	COMPOTE	1/4 CUP	40	10	4.00
CALRAISINS.ORG	MAIN DISHES	BEEF TATAKI W/ CALIFORNIA RAISINS & CRAB XO SAUCE	BEEF	1/2 CUP	80	20	4.00
CALRAISINS.ORG	COOKIES & SWEETS	RAISIN PEEK-A-BOO COOKIES	COOKIES	1/2 CUP	80	18	4.44
CALRAISINS.ORG	DESSERTS	BEST EVER FRUIT-FILLED CAKE	CAKE	2/3 CUP	106.67	24	4.44
CALRAISINS.ORG	SNACKS	RAISIN-CRANBERRY CHEESE SPREAD	CHEESE SPREAD	1/2 CUP	80	16	5.00
CALRAISINS.ORG	DESSERTS	IRISH WHISKEY, ZANTE CURRANT & GOLDEN RAISIN SCONES	SCONES	3/4 CUP	120	24	5.00
CALRAISINS.ORG	MAIN DISHES	ROASTED CHICKEN W/RAISIN-PINE NUT JAM/SHAVED FENNEL, SALAD	CHICKEN/SALAD	1/4 CUP	40	8	5.00
CALRAISINS.ORG	SIDE DISHES	CINNAMON-APPLE & RAISIN JAM	JAM	2 CUPS	320	64	5.00
CALRAISINS.ORG	COOKIES & SWEETS	APRICOT PILLOWS	CANDY	1 CUP	160	32	5.00
CALRAISINS.ORG	COOKIES & SWEETS	APRICOT RAISINOTS	CANDY	1 CUP	160	32	5.00
CALRAISINS.ORG	DESSERTS	RAISIN RUGELACH	CROISSANT	1/2 CUP	80	16	5.00
CALRAISINS.ORG	DESSERTS	BEST CALIFORNIA RAISIN PIE UNDER THE SUN	PIE	1/4 CUP	40	8	5.00
CALRAISINS.ORG	DESSERTS	SINFUL CHOCOLATE TARTS	TARTS	3/4 CUP	120	24	5.00
CALRAISINS.ORG	SIDE DISHES	CAULIFLOWER W/TRIBAL SALT & CALIFORNIA RAISINS	CAULIFLOWER	1/4 CUP	40	8	5.00
CALRAISINS.ORG	SNACKS	CALIFORNIA RAISINS SQUARED	CEREAL SQUARES	1/2 CUP	80	14	5.71
CALRAISINS.ORG	SNACKS	TUNISIAN-SPICED CALIFORNIA RAISIN HUMMUS	HUMMUS	1 CUP	160	25	6.40

CALRAISINS.ORG	SALADS	STEAK & BLUE CHEESE SALAD	SALAD/STEAK	1/3 CUP	53.33	8	6.67
CALRAISINS.ORG	SNACKS	WARM PARTY BRIE	BRIE	1 CUP	160	24	6.67
CALRAISINS.ORG	BREADS	CALIFORNIA RAISIN & CARROT BREAD	BREAD	1/2 CUP	80	12	6.67
CALRAISINS.ORG	BREADS	THREE KINGS BREAD (ROSCA DE REYES)	BREAD	1 CUP	160	24	6.67
CALRAISINS.ORG	MAIN DISHES	SWEET & SPICY JERK CHICKEN	CHICKEN	1/4 CUP	40	6	6.67
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA GOLDEN RAISIN FRESH VINAIGRETTE	DRESSING	1/2 CUP	80	12	6.67
CALRAISINS.ORG	SIDE DISHES	HOUSEMADE STEAK SAUCE	SAUCE	3/4 CUP	120	18	6.67
CALRAISINS.ORG	SIDE DISHES	RAISIN APPLE BUTTER	SPREAD	1/2 CUP	80	12	6.67
CALRAISINS.ORG	SIDE DISHES	SPICY PEACH & GOLDEN RAISIN JAM	JAM	4 CUPS	640	96	6.67
CALRAISINS.ORG	SIDE DISHES	STRAWBERRY-RHUBARB & GOLDEN RAISIN JAM	JAM	4 CUPS	640	96	6.67
CALRAISINS.ORG	DESSERTS	SPICED ANGEL CAKE	CAKE	1/2 CUP	80	12	6.67
CALRAISINS.ORG	COOKIES & SWEETS	GOLDEN ALOHA DROPS	COOKIES	1 CUP	160	24	6.67
CALRAISINS.ORG	COOKIES & SWEETS	PECAN THUMBPRINT COOKIES W/RAISINS - DRIED CHERRY MARMALADE	COOKIES	1/2 CUP	80	12	6.67
CALRAISINS.ORG	DESSERTS	CALIFORNIA NUGGETS OF GOLD RAISIN PIE	PIE	1/2 CUP	80	12	6.67
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA GOLDEN RAISIN TEQUILA SALSA	SALSA	1 1/2 CUPS	240	32	7.50
CALRAISINS.ORG	SIDE DISHES	GOLDEN BUBBLES	RICE	1/2 CUP	80	10	8.00
CALRAISINS.ORG	SNACKS	NUTTY RAISIN NIBBLES	NUTS	1 CUP	160	20	8.00
CALRAISINS.ORG	SALADS	CURRIED CHICKEN SALAD	SALAD	1/2 CUP	80	10	8.00
CALRAISINS.ORG	SIDE DISHES	TROPICAL FRUIT SALSA W/CALIFORNIA RAISINS	SALSA	1 CUP	160	20	8.00
CALRAISINS.ORG	COOKIES & SWEETS	PETITE RAISIN SWEETIES	CANDY	2 CUPS	320	40	8.00
CALRAISINS.ORG	SIDE DISHES	SWEET RAISIN & PEACH DRESSING	DRESSING	3/4 CUP	120	14	8.57
CALRAISINS.ORG	COOKIES & SWEETS	RUM RAISIN TREASURES	CANDY	1 CUP	160	18	8.89
CALRAISINS.ORG	COOKIES & SWEETS	GRANDMA O'MALLEY'S RAISIN MOLASSES COOKIES	COOKIES	1 CUP	160	18	8.89
CALRAISINS.ORG	DESSERTS	CALIFORNIA RUM RAISIN TARTS	TARTS	1 CUP	160	18	8.89
CALRAISINS.ORG	BREAKFAST	CALIFORNIA RAISIN PANETTONE	BREAD	2/3 CUP	106.67	12	8.89
CALRAISINS.ORG	DESSERTS	RAISIN & CITRUS SCONES	SCONES	2/3 CUP	106.67	12	8.89
CALRAISINS.ORG	DESSERTS	APPLE RAISIN CREPES WITH ALMOND ICE CREAM & RAININ BUTTER SAUCI	CREPES	2/3 CUP	106.67	12	8.89
CALRAISINS.ORG	SNACKS	SAVORY CALIFORNIA RAISIN TRAIL MIX	TRAIL MIX	1 CUP	160	16	10.00
CALRAISINS.ORG	SIDE DISHES	SPICED CALIFORNIA RAISIN-HONEY COUSCOUS W/YOGURT-RUM SAUCE	COUSCOUS	1/2 CUP	80	8	10.00
CALRAISINS.ORG	MAIN DISHES	GRILLED LAMB & RAISIN PATTIES W/GREEK VILLAGER SALAD	LAMB/SALAD	1/2 CUP	80	8	10.00
CALRAISINS.ORG	MAIN DISHES	THE SUNDANCE (GRILLED PORK W/RELISH)	PORK	1/4 CUP	40	4	10.00
CALRAISINS.ORG	SALADS	BBQ CHICKEN CHOPPED SALAD	SALAD	6 TBLS	60	6	10.00
CALRAISINS.ORG	SALADS	ITALIAN CHOPPED SALAD	SALAD	1/2 CUP	80	8	10.00
CALRAISINS.ORG	SALADS	THAI GLASS NOODLE SALAD	SALAD	6 TBLS	60	6	10.00
CALRAISINS.ORG	SALADS	CALIFORNIA CELEBRATION SLAW	SALAD	1/2 CUP	80	8	10.00
CALRAISINS.ORG	SALADS	TANGY SWEET POTATO & CALIFORNIA RAISIN SALAD	SALAD	1/2 CUP	80	8	10.00
CALRAISINS.ORG	DESSERTS	CALIFORNIA FRUIT N' RAISIN SAUCE	SAUCE	1 CUP	160	16	10.00
CALRAISINS.ORG	SIDE DISHES	CAPONATA AGRODULCE (SWEET-SOUR SAUCE)	SAUCE	1 CUP	160	16	10.00
CALRAISINS.ORG	SNACKS	SAVORY CALIFORNIA RAISIN TRAIL MIX	TRAIL MIX	1 CUP	160	16	10.00
CALRAISINS.ORG	DESSERTS	NO-BAKE FRUITCAKE	CAKE	1 1/4 CUPS	200	20	10.00
CALRAISINS.ORG	COOKIES & SWEETS	CALIFORNIA BROWNIES	BROWNIES	2 CUPS	320	32	10.00
CALRAISINS.ORG	COOKIES & SWEETS	CRISPY RAISIN TUILE	COOKIES	3/4 CUP	120	12	10.00
CALRAISINS.ORG	COOKIES & SWEETS	LEBKUCHEN JEWELS	COOKIES	1 1/2 CUPS	240	24	10.00
CALRAISINS.ORG	DESSERTS	BANANA SPRING ROLL W/TAZO CHAI & CALIF GOLDEN RAISIN ICE CREAM	ICE CREAM	1 CUP	160	16	10.00
CALRAISINS.ORG	DESSERTS	CALIFORNIA RAISIN HARVEST PIE	PIE	1/2 CUP	80	8	10.00
CALRAISINS.ORG	DESSERTS	MASCARPONE CHEESE & RAISINSTRUDEL	STRUDEL	1 1/2 CUPS	240	24	10.00
CALRAISINS.ORG	DESSERTS	OLD ENGLISH MINCE FOR PIES & TARTS	TARTS	1 CUP	160	16	10.00
CALRAISINS.ORG	DESSERTS	RAISIN & DRIED CRANBERRY PIE	PIE	1/2 CUP	80	8	10.00
CALRAISINS.ORG	COOKIES & SWEETS	GOLDEN RAISIN, LEMON, PISTACHIO & BUTTERSOTCH COOKIES	COOKIES	2 1/3 CUP	373	36	10.36
CALRAISINS.ORG	SIDE DISHES	ORANGE BLOSSOM RAISIN TARTS-GLUTEN FREE	TARTS	1 CUP	160	15	10.67
CALRAISINS.ORG	COOKIES & SWEETS	CALIFORNIA GOLD BARS	BARS	2 CUPS	320	30	10.67
CALRAISINS.ORG	SIDE DISHES	GOLDEN RAISIN POMEGRANATE-MUSTARD DRESSING	DRESSING	3/4 CUP	120	10	12.00
CALRAISINS.ORG	DESSERTS	HEIRLOOM FRUITCAKE	CAKE	1 1/2 CUPS	240	20	12.00
CALRAISINS.ORG	DESSERTS	RAISIN FRUITCAKE TREASURE	CAKE	1 1/2 CUPS	240	20	12.00
CALRAISINS.ORG	DESSERTS	CALIFORNIA GOLDEN RAISIN CAMEMBERT FONDUE	FONDUE	1 CUP	160	12	13.33
CALRAISINS.ORG	MAIN DISHES	SEARED SEA SCALLOPS W/MUSHROOM RAISIN GOULASH	SCALLOPS/GOULASH	1/2 CUP	80	6	13.33
CALRAISINS.ORG	MAIN DISHES	FRICASSEE OF CHICKEN CASSEROLE W/CALIFORNIA RAISINS	CHICKEN	1/2 CUP	80	6	13.33
CALRAISINS.ORG	MAIN DISHES	HALIBUT W/RAISINS, PINE NUTS & SERRANO HAM	HALIBUT/HAM	1/2 CUP	80	6	13.33
CALRAISINS.ORG	MAIN DISHES	SEMOLINA CRUSTED ALASKAN SALMON, RAISIN RATATOUILLE, SPINACH	SPINACH/RATATOUILLE	1/2 CUP	80	6	13.33
CALRAISINS.ORG	SALADS	CHINESE RAISIN CHICKEN SALAD	SALAD	1/2 CUP	80	6	13.33
CALRAISINS.ORG	SALADS	GRILLED PIZZA SALAD W/TOSSED GREENS & RAISIN PEACH VINAIGRETTE	SALAD	1/2 CUP	80	6	13.33
CALRAISINS.ORG	SALADS	MEDITERRANEAN QUINOA SALAD	SALAD	1/2 CUP	80	6	13.33
CALRAISINS.ORG	SIDE DISHES	CITRUS, GOLDEN RAISIN, PICKLED ONION SALSA	SALSA	2 CUPS	320	24	13.33
CALRAISINS.ORG	SIDE DISHES	GOLDEN RAISIN GLAZE	SAUCE	1 CUP	160	12	13.33
CALRAISINS.ORG	SIDE DISHES	MINTED YOGURT SOUP W/CALIFORNIA RAISINS, WALNUTS & CHIVES	SOUP	1/2 CUP	80	6	13.33
CALRAISINS.ORG	DESSERTS	CALIFORNIA RAISIN HARVEST CAKE	CAKE	1 CUP	160	12	13.33
CALRAISINS.ORG	DESSERTS	RAISIN DOWNSIDE UP CAKE	CAKE	1 CUP	160	12	13.33
CALRAISINS.ORG	COOKIES & SWEETS	CHOCOLATE RAISIN KNACKERLY	CANDY	1/2 CUP	80	6	13.33
CALRAISINS.ORG	COOKIES & SWEETS	YOGURT RAISIN CLUSTERS	CANDY	2 CUPS	320	24	13.33
CALRAISINS.ORG	DESSERTS	CALIFORNIA RAISIN & BEER BREAD PUDDING	PUDDING	2 CUPS	320	24	13.33
CALRAISINS.ORG	DESSERTS	GOLDEN RAISIN GRANIZADO W/RUM CREAM, CANDIED WALNUTS/RAISIN CANDY	CANDY	1 CUP	160	12	13.33
CALRAISINS.ORG	DESSERTS	NOEL FRUITCAKE MINIATURES	CAKE	15 OZ	425	30	14.17
CALRAISINS.ORG	SIDE DISHES	SPICY EGGPLANT & GOLDEN RAISIN RELISH	RELISS	3 CUPS	480	32	15.00
CALRAISINS.ORG	SIDE DISHES	MANGO, COCONUT & LEMONGRASS SALSA	SALSA	1 1/2 CUPS	240	16	15.00
CALRAISINS.ORG	SIDE DISHES	THE MARKET'S RAISIN MANGO SALSA	SALSA	1 1/2 CUPS	240	16	15.00
CALRAISINS.ORG	SIDE DISHES	CARAMELIZED PORT WINE RAISINS	SAUCE	1 1/2 CUPS	240	16	15.00
CALRAISINS.ORG	SNACKS	CALIFORNIA GOLDEN RAISIN SAUCED CELERY SEED WAFERS	WAFERS	1 1/2 CUPS	240	16	15.00
CALRAISINS.ORG	SIDE DISHES	ZESTY SWEET POTATOES W/GOLDEN RAISINS	YAMS	1 CUP	160	10	16.00
CALRAISINS.ORG	DESSERTS	GOLDEN FRUITCAKE	CAKE	2 1/2 CUPS	400	24	16.67
CALRAISINS.ORG	SIDE DISHES	CRANBERRY RAISIN CHUTNEY	CHUTNEY	2 CUPS	320	18	17.78
CALRAISINS.ORG	DESSERTS	TROPICAL FRUITS IN BRIK PASTRY W/SZECHUAN PEPPER SAUCE	ICE CREAM	2/3 CUP	106.67	6	17.78
CALRAISINS.ORG	SNACKS	CURRIED POPCORN MIX	POPCORN	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	SALADS	ORANGE-SCENTED GOLDEN RAISIN TAPENADE	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	RAISIN THAI CHILE GRILLED CHICKEN LETTUCE WRAPS	CHICKEN	3/4 CUP	120	6	20.00
CALRAISINS.ORG	MAIN DISHES	SEA SCALLOPS, GREEN SALSA W/CALIF RAISINS (SALSA DE PASITAS VERDE):SCALLOPS	SCALLOPS	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	TROPICAL SHRIMP COCKTAIL	SHRIMP	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA RAISIN COUSCOUS W/VEGETABLES	COUSCOUS	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA RAISIN, CARAMELIZED ONION & BLUE CHEESE ORZO PASTA	PASTA	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	SIDE DISHES	FENNEL-RAISIN GNOCCHI	GNOCCHI	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SIDE DISHES	RAISIN SAFFRON BASMATI RICE PILAF (ZAFFRAN KISMIS PULLAO)	RICE	1 CUP	160	8	20.00
CALRAISINS.ORG	BREAKFAST	RED RICE CONGEE W/CALIFORNIA GOLDEN RAISINS	RICE	1 1/4 CUPS	200	10	20.00
CALRAISINS.ORG	SIDE DISHES	VAGABOND BAKED BEANS	BEANS	1 1/4 CUPS	200	10	20.00
CALRAISINS.ORG	SIDE DISHES	WILD MUSHROOM & RAISIN STUFFING	STUFFING	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SNACKS	CALIFORNIA RAISIN & BERRY VEGAN SMOOTHIE	SMOOTHIE	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SNACKS	MANGO & GOLDEN RAISIN SMOOTHIE	SMOOTHIE	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SNACKS	MANGO & GOLDEN RAISIN VEGAN SMOOTHIE	SMOOTHIE	1/2 CUP	80	4	20.00
CALRAISINS.ORG	BREADS	CANDIED STOLLEN	BREAD	1 CUP	160	8	20.00
CALRAISINS.ORG	BREAKFAST	GOLDEN RAISIN SCONES W/ALMOND FROSTING	SCONES	2 CUPS	320	16	20.00
CALRAISINS.ORG	BREAKFAST	QUICK MIX MUFFINS W/RAISINS & WALNUTS	MUFFINS	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	MAIN DISHES	APPLE CIDER BRAISED CHICKEN BREAST W/CALIFORNIA GOLDEN RAISINS	CHICKEN	1 CUP	160	8	20.00
CALRAISINS.ORG	MAIN DISHES	CHICKEN BREAST ROLLS W/CALIFORNIA GOLDEN RAISINS & SPINACH	CHICKEN	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	MAIN DISHES	GRILLED LIMONCELLO CHICKEN W/CALIFORNIA RAISINS	CHICKEN	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	ROASTED AMISH CHICKEN W/CALIF RAISIN GLAZE & ASPARAGUS	CHICKEN	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	MAIN DISHES	SEARED CHICKEN BREAST & RAISIN COUSCOUS W/MOROCCAN SAUCE	CHICKEN	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	SIDE DISHES	SPANISH MOUNTAIN PAELLA W/CALIFORNIA GOLDEN RAISINS	RICE	3/4 CUP	120	6	20.00
CALRAISINS.ORG	MAIN DISHES	SPICY CHICKEN STEW W/CALIFORNIA GOLDEN RAISINS	CHICKEN	3/4 CUP	120	6	20.00
CALRAISINS.ORG	MAIN DISHES	TAMARIND-GOLDEN RAISIN GLAZED ROASTED CHICKEN W/PUREE	CHICKEN	1 CUP	160	8	20.00
CALRAISINS.ORG	MAIN DISHES	TORTILLA-ENCROUTED CHICKEN W/ RAISINS, CHORIZO SAUSAGE W/SAUCI	CHICKEN	3/4 CUP	120	6	20.00
CALRAISINS.ORG	MAIN DISHES	SAUTEED RABBIT W/ALMONDS & CALIFORNIA GOLDEN RAISINS	RABBIT	1 CUP	160	8	20.00

CALRAISINS.ORG	MAIN DISHES	ROASTED LEG OF LAMB & MINTY RAISIN JAM	LAMB	1 CUP	160	8	20.00
CALRAISINS.ORG	MAIN DISHES	PORK TENDERLOIN W/HOISIN-RAISIN SAUCE	PORK	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	FIVE SPICE QUAIL W/RAISIN & NECTARINE CHUTNEY	QUAIL	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	HONEY HAM & MANGO NAAN	HAM	1 CUP	160	8	20.00
CALRAISINS.ORG	MAIN DISHES	ISLAND CHICKEN WRAPS	CHICKEN	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	MANGO-RAISIN TURKEY PICADILLO WRAPS	TURKEY	1 CUP	160	8	20.00
CALRAISINS.ORG	MAIN DISHES	MAYAN SOFT TACOS	TACOS	1 CUP	160	8	20.00
CALRAISINS.ORG	MAIN DISHES	TURKEY & SMOKED GOUDA SANDWICH W/CRANBERRY RAISIN CHUTNEY	TURKEY/CHUTNEY	1 CUP	160	8	20.00
CALRAISINS.ORG	MAIN DISHES	TURKEY-RAISIN PICADILLO SLIDERS	TURKEY	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	TUSCAN TOMATO FOCACCIA W/CHICKEN	CHICKEN	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	AHI TUNA MEDALLIONS W/RAISIN MEDLEY	TUNA	3/4 CUP	120	6	20.00
CALRAISINS.ORG	MAIN DISHES	CITRUS-RAISIN SAUCED SALMON STEAK	SALMON	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	HONEY CHIPOTLE RAISIN GLAZED SALMON	SALMON	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	PAPILLOTE OF SALMON W/FENNEL, RAISINS & ORANGE FLAVORS	SALMON	1 CUP	160	8	20.00
CALRAISINS.ORG	MAIN DISHES	RED SNAPPER VERACRUZO	RED SNAPPER	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	SEA SCALLOPS W/CALIFORNIA RAISIN-CURRENT CHUTNEY	SCALLOPS/CHUTNEY	1/2 CUP	80	4	20.00
CALRAISINS.ORG	MAIN DISHES	WILD STRIPED SEA BASS, W/FENNEL, ONION, & HEIRLOOM TOMATOES	BASS	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	AUTUMN TURKEY SALAD	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	CALIFORNIA FRUIT & ANTIPASTO SALAD	SALAD	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SALADS	CURRIED SHRIMP SALAD W/RAISINS	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	FRESH CRAB SALAD W/GOLDEN RAISINS	SALAD	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SALADS	GOLDEN RAISIN SALAD W/HERB CRUSTED CHICKEN BREAST	SALAD/CHICKEN	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	PEACH-BERRY SALAD	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	SALAD OF BEETS, BELGIAN ENDIVE, GOAT CHEESE, RAISINS & ASIAN PEAR	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	SWEET RAISIN CHICKEN SALAD	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	Vietnamese Beef Salad w/Raisin Relish	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	WARM PIQUILLO PEPPERS W/GOAT CHEESE, RAISINS & MOSCATEL VINAIGRETTE	SALAD	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SIDE DISHES	APPLE, ROQUEFORT & RED LEAF LETTUCE W/PUMPERNICKEL CROUTONS	DRESSING	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	AUTUMN SALAD	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	CALIFORNIA BULGUR SALAD	SALAD	1/4 CUP	40	2	20.00
CALRAISINS.ORG	SALADS	CALIFORNIA GOLDEN RAISIN WALDORF SALAD	SALAD	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SALADS	CALIFORNIA GOLDEN RAISIN, QUINOA & MELON SALAD	SALAD	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SALADS	CALIFORNIA RAISIN RAITA	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	COLESLAW W/RAISINS & PEANUTS	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	FALL GREENS & WINTER FRUITS W/GOLDEN RAISINS	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	FRUIT & RICE SALAD	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	GOLDEN GARDEN RICE SALAD	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	GOLDEN RAISIN & LENTIL SALAD	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	GOLDEN RAISIN ASPARAGUS SALAD	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	HEIRLOOM PEAR & ARGULA SALAD W/GOLDEN RAISIN VINAIGRETTE	SALAD	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SALADS	HOT GERMAN RICE SALAD	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	INDIAN SLAW	SALAD	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SALADS	ITALIAN POTATO SALAD	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	ORANGE & FENNEL AUTUMN SALAD	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	ORIENTAL SALAD BOWL	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	SPINACH SALAD W/PEARS & RAISINS	SALAD	1 CUP	160	8	20.00
CALRAISINS.ORG	SALADS	SULTAN'S SALAD	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SALADS	WALDORF SALAD W/CALIFORNIA RAISINS VERSION 2.0	SALAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA GOLDEN RAISIN-APRICOT CHUTNEY	CHUTNEY	2 CUPS	320	16	20.00
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA RAISIN, TOMATO & ONION SEED CHUTNEY	CHUTNEY	1/2 CUP	80	4	20.00
CALRAISINS.ORG	SIDE DISHES	GOLDEN RAISIN-GRANNY SMITH APPLE CHOW CHOW	CONDIMENT	2 1/2 CUPS	400	20	20.00
CALRAISINS.ORG	SNACKS	SPIRITED RAISINS	SNACKS	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA GOLDEN RAISIN RELISH	RELISH	3 CUPS	480	24	20.00
CALRAISINS.ORG	SIDE DISHES	RAISIN CRANBERRY RELISH	RELISH	2 1/4 CUPS	360	18	20.00
CALRAISINS.ORG	SIDE DISHES	RAISIN CARAMEL SAUCE	SAUCE	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SIDE DISHES	GOLDEN CONSERVE	SPREAD	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SIDE DISHES	CARAMELIZED ONION SOUP W/GOLDEN RAISIN PESTO	SOUP	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	CARROT VICHYSSOISE W/RAISINS	SOUP	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	CURRIED MONKFISH & GOLDEN RAISIN SOUP	SOUP	3/4 CUP	120	6	20.00
CALRAISINS.ORG	BREAKFAST	QUICK MIX MUFFINS W/RAISINS & WALNUTS-GLUTEN FREE	MUFFINS	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	DESSERTS	DOLCE PAN CON ZUCCHINI	CAKE	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	DESSERTS	GOLDEN GATE CARROT CAKE	CAKE	1 1/2 CUPS	240	12	20.00
CALRAISINS.ORG	DESSERTS	NO-BAKE RIBBON CAKE	CAKE	1 1/4 CUPS	200	10	20.00
CALRAISINS.ORG	DESSERTS	RAISIN TEA CAKES	CAKE	3/4 CUP	120	6	20.00
CALRAISINS.ORG	DESSERTS	TEMPURA APPLES W/PISTACHIO-RAISIN COMPOTE & ICE CREAM	ICE CREAM	1 CUP	160	8	20.00
CALRAISINS.ORG	DESSERTS	CALIFORNIA SUNSHINE RAISIN PIE	PIE	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	ACORN SQUASH & CALIFORNIA RAISINS	SQUASH	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SIDE DISHES	RAISIN-APPLE STUFFED SQUASH	SQUASH	3/4 CUP	120	6	20.00
CALRAISINS.ORG	SIDE DISHES	STEW OF BABY VEGETABLES W/RAISINS & CORIANDER	STEW	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	SWEET POTATOES W/RAISIN-ORANGE SAUCE	YAMS	1 CUP	160	8	20.00
CALRAISINS.ORG	SIDE DISHES	GOLDEN STATE STUFFING	STUFFING	1 1/2 CUPS	240	10	24.00
CALRAISINS.ORG	SALADS	SPICY RAISIN RELISH SALAD	SALAD	1 1/2 CUPS	240	10	24.00
CALRAISINS.ORG	DESSERTS	CREOLE LEMON CAKE	CAKE	2 1/2 CUPS	400	16	25.00
CALRAISINS.ORG	BREADS	GARLIC-CALIFORNIA RAISIN WILTED GREENS, PAPPADUM-SAAG PAPPADUM BREAD	1 CUP	160	6	26.67	
CALRAISINS.ORG	SALADS	COCONUT SHRIMP SALAD (JINGHA SALADE)	SALAD	1 CUP	160	6	26.67
CALRAISINS.ORG	SALADS	GOLDEN RAISIN, FENNEL & RED ONION SALAD W/STEAMED SALMON	SALAD/SALMON	1 CUP	160	6	26.67
CALRAISINS.ORG	SALADS	HEARTS OF KENTUCKY LETTUCE, GORGONZOLA W/WHITE BALSAMIC VINAIGRETTE	1 CUP	160	6	26.67	
CALRAISINS.ORG	SALADS	MAPLE-PESTO SALMON SALAD W/RAISINS & TOASTED PINE NUTS (PIGNO SALAD/SALMON	1 CUP	160	6	26.67	
CALRAISINS.ORG	SALADS	SALAD OF TOFU, CELERY, GRANNY SMITH APPLES & GOLDEN RAISINS	SALAD	1 CUP	160	6	26.67
CALRAISINS.ORG	SALADS	TORTELLINI PEACH SALAD	SALAD	1 CUP	160	6	26.67
CALRAISINS.ORG	SALADS	CREAMY CABBAGE SLAW	SALAD	1 CUP	160	6	26.67
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA GOLDEN RAISIN CAPONATA	SALAD	2 CUPS	320	12	26.67
CALRAISINS.ORG	SIDE DISHES	CALIFORNIA GOLDEN RAISIN & TOASTED CARDAMOM SAUCE	SAUCE	1 CUP	160	6	26.67
CALRAISINS.ORG	SIDE DISHES	POTATO & ALMOND MILK SOUP W/RAISINS & PUMPKIN SEEDS	SOUP	1 CUP	160	6	26.67
CALRAISINS.ORG	DESSERTS	MASCARPONE CHEESECAKE W/FIVE-SPICE CALIFORNIA GOLDEN RAISINS	SAUCE	4 CUPS	640	24	26.67
CALRAISINS.ORG	DESSERTS	WINTER BERRY COBBLER W/MUSCAT-HONEY ICE CREAM	ICE CREAM	2 CUPS	320	12	26.67
CALRAISINS.ORG	DESSERTS	GOLDEN RAISIN PEACH TART	TARTS	1 CUP	160	6	26.67
CALRAISINS.ORG	MAIN DISHES	LAMB & CALIFORNIA GOLDEN RAISIN PASTILLA W/PINE NUTS & MINT	LAMB	1 1/2 CUPS	240	8	30.00
CALRAISINS.ORG	MAIN DISHES	TROUT STUFFED W/RAISINS	TROUT	3/4 CUP	120	4	30.00
CALRAISINS.ORG	SALADS	SEASIDE PRAWN & SUMMER FRUIT SALAD	SALAD	3/4 CUP	120	4	30.00
CALRAISINS.ORG	SALADS	SURFER'S SALAD	SALAD	3/4 CUP	120	4	30.00
CALRAISINS.ORG	DESSERTS	BABY SPINACH, ARGULA & TOASTED WALNUT SALAD W/VINAIGRETTE	SALAD	3/4 CUP	120	4	30.00
CALRAISINS.ORG	DESSERTS	KAIERSCHMARREN	SAUCE	1 1/2 CUPS	240	8	30.00
CALRAISINS.ORG	MAIN DISHES	MARINATED GRILLED CHICKEN SKEWERS W/CAL RAISINS SAMBAL (KEBAB) CHICKEN	2 CUPS	320	10	32.00	
CALRAISINS.ORG	DESSERTS	CALIFORNIA GOLDEN RAISIN MOLDED FRUITCAKE	CAKE	2 CUPS	320	10	32.00
CALRAISINS.ORG	DESSERTS	CALIFORNIA RAISINS DREAM DELIGHT	ICE CREAM	2 CUPS	320	10	32.00
CALRAISINS.ORG	MAIN DISHES	GRILLED VEAL CHOP W/RAISIN-RICE PILAF	VEAL/RICE	1 1/4 CUPS	200	6	33.33
CALRAISINS.ORG	SIDE DISHES	APPLE RAISIN CHUTNEY-FILLED BRIE (SEV PANEER)	CHUTNEY	15 OZ	425	12	35.42
CALRAISINS.ORG	BREAKFAST	SPANISH TORTILLA (TORTILLA DE PATATAS) W/CAL RAISINS CATALAN SAU OMELET	1 1/2 CUPS	240	6	40.00	
CALRAISINS.ORG	MAIN DISHES	FRAGRANT ROAST PORK W/FIVE-SPICE RELISH	PORK	1 CUP	160	4	40.00
CALRAISINS.ORG	MAIN DISHES	GRILLED TUNA W/CALIFORNIA GOLDEN RAISIN CHUTNEY (MUCHEE KISMIS: TUNA/CHUTNEY	1 1/2 CUPS	240	6	40.00	
CALRAISINS.ORG	MAIN DISHES	PAN SEARED STRIPED BASS W/LEeks, RAISIN FONDUE, CURRY MOUSSELIN BASS/CURRY	1 CUP	160	4	40.00	
CALRAISINS.ORG	DESSERTS	CALIFORNIA CARAMEL-RAISIN SAUCE	SAUCE	2 CUPS	320	8	40.00
CALRAISINS.ORG	DESSERTS	CALIFORNIA RUM RAISIN & ALMOND TARTS	TARTS	1 1/2 CUPS	240	6	40.00
CALRAISINS.ORG	DESSERTS	SOUTHERN PRALINE PIE	PIE	2 CUPS	320	8	40.00
CALRAISINS.ORG	SIDE DISHES	SAUTEED SPINACH W/PINE NUTS & GOLDEN RAISINS	SPINACH	1 CUP	160	4	40.00
FOODNETWORK.COM	SNACKS	CHESTNUT LAMB LOIN W/SWEET ONION MARMALADE	LAMB	1/4 CUP	40	36	1.11
FOODNETWORK.COM	DESSERTS	RUGALACH	ROLLS	1/4 CUP	40	32	1.25
FOODNETWORK.COM	DESSERTS	CHOCOLATE CANNOLI	CANNOLI	2 TBLS	20	14	1.43

FOODNETWORK.COM BREADS	PRAIRIE HONEY PUMPKIN BREAD	BREAD	1/2 CUP	80	48	1.67
FOODNETWORK.COM COOKIES & SWEETS	HERMITS	COOKIES	3/4 CUP	120	60	2.00
FOODNETWORK.COM SNACKS	CHEWY GRANOLA BARS	BARS	1/2 CUP	80	36	2.22
FOODNETWORK.COM SALADS	CURRIED-TUNA SALAD	SALAD	1 TBLS	10	4	2.50
FOODNETWORK.COM SALADS	CURRIED CHICKEN SALAD	SALAD	1 TBLS	10	4	2.50
FOODNETWORK.COM COOKIES & SWEETS	MAAMOUL: STUFFED DATE-ORANGE COOKIES	COOKIES	1/3 CUP	53.33	20	2.67
FOODNETWORK.COM SALADS	CURRIED TUNA SALAD	SALAD	1 TBLS	10	3.5	2.86
FOODNETWORK.COM SNACKS	GOLDEN RUGALACH	RUGALACH	2/3 CUP	106.67	36	2.96
FOODNETWORK.COM DESSERTS	CHAPANAS W/GOLDEN RAISINS	CHAPANAS	1/4 CUP	40	12	3.33
FOODNETWORK.COM BREAKFAST	IT'S A GOOD MORNING MUFFINS	MUFFINS	1/4 CUP	40	12	3.33
FOODNETWORK.COM DESSERTS	KAISERSCHMARREN	SAUCE	2 TBLS	20	6	3.33
FOODNETWORK.COM DESSERTS	TEA FRUITCAKE	CAKE	1 CUP	160	48	3.33
FOODNETWORK.COM SIDE DISHES	SAUTEED SPINACH W/GOLD RAISINS & TOASTED PINE NUTS	SPINACH	1 1/2 TBLS	15	4	3.75
FOODNETWORK.COM SIDE DISHES	SICILIAN-STYLE CAULIFLOWER W/WHOLE WHEAT PASTA	PASTA	2 TBLS	20	5	4.00
FOODNETWORK.COM SIDE DISHES	VEGETABLE BIRYANI	VEGETABLES/RICE	2 TBLS	20	5	4.00
FOODNETWORK.COM MAIN DISHES	POTATO & CHORIZO EMPANADAS	EMAPANADAS	1/2 CUP	80	20	4.00
FOODNETWORK.COM MAIN DISHES	CIABATTA PIZZA W/SQUASH CAPONATA	PIZZA/CAPONATA	2.5 TBLS	25	6	4.17
FOODNETWORK.COM SNACKS	MICHAEL'S ENERGY BARS	BARS	1/2 CUP	80	18	4.44
FOODNETWORK.COM DESSERTS	MARMALADE CAKE	CAKE	1/4 CUP	40	9	4.44
FOODNETWORK.COM SNACKS	LIP SMACKIN' TRAIL MIX	TRAIL MIX	1/2 CUP	80	18	4.44
FOODNETWORK.COM MAIN DISHES	EGGPLANT STEW W/HONEY & GOLDEN RAISIN POLENTA	STEW	1 OZ	28.3	6	4.72
FOODNETWORK.COM SALADS	SUNNY'S FIRE CRACKER COLE SLAW	SALAD	1/2 CUP	80	16.5	4.85
FOODNETWORK.COM DESSERTS	SUPER STUFFED BAKED APPLES A LA MODE	ICE CREAM	1/8 CUP	20	4	5.00
FOODNETWORK.COM SALADS	INDIAN CUCUMBER & YOGURT SALAD: CUCUMBER RAITA	SALAD	2 TBLS	20	4	5.00
FOODNETWORK.COM SNACKS	INDIAN SNACK MIX (CHEWDA)	SNACKS	2 TBLS	20	4	5.00
FOODNETWORK.COM SALADS	FENNEL SLAW SALAD	SALAD	2 TBLS	20	4	5.00
FOODNETWORK.COM SALADS	GRILLED CAPONATA	SALAD	2 TBLS	20	4	5.00
FOODNETWORK.COM MAIN DISHES	BACCALA "MONASTERY" STYLE: BACCALA ALLA CAPPUCINA	CODFISH	2 TBLS	20	4	5.00
FOODNETWORK.COM SIDE DISHES	CRAN-CITRUS CHUTNEY	CHUTNEY	1/4 CUP	40	8	5.00
FOODNETWORK.COM MAIN DISHES	COUNTRY HAM & APPLE SLAW SANDWICH W/BABY SWISS	SANDWICHES	1/4 CUP	40	8	5.00
FOODNETWORK.COM MAIN DISHES	STUFFED GRILLED PORK CHOPS	PORK	2 TBLS	20	4	5.00
FOODNETWORK.COM MAIN DISHES	BEER-POACHED PULLED CHICKEN MOLE	CHICKEN	2 TBLS	20	4	5.00
FOODNETWORK.COM MAIN DISHES	CHIPOTLE RUBBED STEAK TACOS MOLE W/CHIPOTLE CREAM/GUACAMOL TACOS	TACOS	2 TBLS	20	4	5.00
FOODNETWORK.COM DESSERTS	STEWED FALL FRUIT W/BUTTERED CRUMBS	COBBLER	1/4 CUP	40	8	5.00
FOODNETWORK.COM MAIN DISHES	MAPLE SYRUP CHICKEN	CHICKEN	2 TBLS	20	4	5.00
FOODNETWORK.COM SIDE DISHES	SQUASH CAPONATA	CAPONATA	2 TBLS	20	4	5.00
FOODNETWORK.COM DESSERTS	APPLE PIE CONES	APPLES	1/4 CUP	40	8	5.00
FOODNETWORK.COM SALADS	CAPONATA	SALAD	1/4 CUP	40	7	5.71
FOODNETWORK.COM DESSERTS	WARM GRAPE CAKE	CAKE	1/3 CUP	53.33	9	5.93
FOODNETWORK.COM MAIN DISHES	DRIED FRUIT STUFFED PORK LOIN	PORK	1/3 CUP	53.33	8	6.67
FOODNETWORK.COM SIDE DISHES	SWISS CHARD & GOLDEN RAISINS	SWISS CHARD	1/4 CUP	40	6	6.67
FOODNETWORK.COM COOKIES & SWEETS	FLU-FIGHTER COOKIES	COOKIES	1 1/4 CUPS	200	30	6.67
FOODNETWORK.COM SIDE DISHES	RICE PILAF	RICE	1/4 CUP	40	6	6.67
FOODNETWORK.COM DESSERTS	RUM RAISIN CUPCAKES W/RUM RAISIN BUTTERCREAM	CAKE	1 CUP	160	24	6.67
FOODNETWORK.COM MAIN DISHES	PANAMANIAN TAMALES	TAMALES	1/2 CUP	80	12	6.67
FOODNETWORK.COM MAIN DISHES	BUTTERNUT SQUASH TAMALES	TAMALES	1/2 CUP	80	12	6.67
FOODNETWORK.COM SALADS	GREEN SLAW	SALAD	1/4 CUP	40	6	6.67
FOODNETWORK.COM DESSERTS	SHRIKHAND & POORIS	SHRIKHAND/POORIS	1/4 CUP	40	6	6.67
FOODNETWORK.COM MAIN DISHES	SAUSAGE & RICE-STUFFED CHICKEN LEGS W/APRICOT GLAZE	CHICKEN	1/4 CUP	40	6	6.67
FOODNETWORK.COM MAIN DISHES	OAXACA DOG	HOT DOGS	1/4 CUP	40	6	6.67
FOODNETWORK.COM DESSERTS	KING CAKE	CAKE	1/2 CUP	80	12	6.67
FOODNETWORK.COM DESSERTS	GINGERBREAD CUPCAKES W/ORANGE ICING	CAKE	1/2 CUP	80	12	6.67
FOODNETWORK.COM DESSERTS	APPLE STRUDEL W/FRESH BERRY SAUCE	STRUDEL/SAUCE	1/4 CUP	40	6	6.67
FOODNETWORK.COM BREAKFAST	APPLE HARVEST OATMEAL	OATMEAL	1/4 CUP	40	6	6.67
FOODNETWORK.COM BREADS	CINNAMON BUN BABKA	BUNS	1/2 CUP	80	12	6.67
FOODNETWORK.COM SIDE DISHES	EMERIL'S CRANBERRY CONSERVE	CONSERVE	1/4 CUP	40	6	6.67
FOODNETWORK.COM BREAKFAST	QUICK PECAN SOUR CREAM COFFEE CAKE	CAKE	1/2 CUP	80	12	6.67
FOODNETWORK.COM COOKIES & SWEETS	BROWN-BUTTER OATMEAL COOKIES	COOKIES	1 CUP	160	24	6.67
FOODNETWORK.COM MAIN DISHES	PORK CHOPS, GOLDEN APPLE & RAISIN SAUCE, WHOLE WHEAT PASTA	PORK/PASTA	1 OZ	28.3	4	7.08
FOODNETWORK.COM MAIN DISHES	MORROCAN CHILI & 10,000 GRAINS OF SAND	CHILI	1 OZ	28.3	4	7.08
FOODNETWORK.COM MAIN DISHES	SAUTEED PORK CHOPS W/SHERRY-BERRY PAN GRAVY/CHUNTEY	PORK/CHUTNEY	1 OZ	28.3	4	7.08
FOODNETWORK.COM MAIN DISHES	CHICKEN CUTLETS BRASCIOLE	CHICKEN	1 OZ	28.3	4	7.08
FOODNETWORK.COM MAIN DISHES	SHISH HOLD-THE-KABOB: SPICED LAMB CHOPS/MINT COUSCOUS	LAMB/COUSCOUS	1 OZ	28.3	4	7.08
FOODNETWORK.COM DESSERTS	BOBBY'S LIGHTER FRESH FRUIT BREAD PUDDING	PUDDING	1 CUP	160	22	7.27
FOODNETWORK.COM DESSERTS	ALMOND & RAISIN BISCOTTI	BISCOTTI	1/2 CUP	80	11	7.27
FOODNETWORK.COM SALADS	STUFFED ESCAROLE	SALAD	3 TBLS	30	4	7.50
FOODNETWORK.COM MAIN DISHES	NORTH AFRICAN-INFLUENCED LAMB SHANKS W/COUSCOUS	LAMB	3 TBLS	30	4	7.50
FOODNETWORK.COM SIDE DISHES	FRUITED WHITE & WILD RICE	RICE	3 TBLS	30	4	7.50
FOODNETWORK.COM MAIN DISHES	SMOKED LAMB & GOAT CHEESE ENCHILADA W/ALMOND MOLE SAUCE	LAMB/SAUCE	1/4 CUP	40	5	8.00
FOODNETWORK.COM SNACKS	JERSEY'S FRUIT & NUTS GRANOLA	GRANOLA	1 CUP	160	20	8.00
FOODNETWORK.COM MAIN DISHES	LAMB STEWED W/TOMATO & DRIED FRUIT	LAMB	1/4 CUP	40	5	8.00
FOODNETWORK.COM MAIN DISHES	30 MINUTE SOUTHERN CLASSIC: COUNTRY CAPTAIN CHICKEN	CHICKEN	1/4 CUP	40	5	8.00
FOODNETWORK.COM MAIN DISHES	CHICKEN MOLE Poblano	CHICKEN	1/4 CUP	40	5	8.00
FOODNETWORK.COM MAIN DISHES	TURKEY MOLE Poblano	TURKEY	1/4 CUP	40	5	8.00
FOODNETWORK.COM MAIN DISHES	CHICKEN CORDON BLEU ROLL-UPS W/GINGER 'N' SPICE CHUTNEY	CHICKEN/CHUTNEY	1/3 CUP	53.33	6	8.89
FOODNETWORK.COM DESSERTS	MY GRANDMOTHER'S GINGER-JAM BREAD & BUTTER PUDDING	PUDDING	1/3 CUP	53.33	6	8.89
FOODNETWORK.COM SIDE DISHES	HERBED RICE W/ RAISINS	RICE	1/3 CUP	53.33	6	8.89
FOODNETWORK.COM MAIN DISHES	CHILES RELLENNO DE PICADILLO	CHILES RELLENNO	1/3 CUP	53.33	6	8.89
FOODNETWORK.COM MAIN DISHES	MOROCCAN CHICKEN STEW	STEW	1/3 CUP	53.33	6	8.89
FOODNETWORK.COM DESSERTS	APPLE BROWN BUTTER TART	TARTS	1/2 CUP	80	9	8.89
FOODNETWORK.COM SIDE DISHES	DOLMADAKES: STUFFED GRAPE LEAVES	DOLMADAKES	1/2 CUP	80	9	8.89
FOODNETWORK.COM DESSERTS	SPICED BREAD PUDDING	PUDDING	1/2 CUP	80	9	8.89
FOODNETWORK.COM MAIN DISHES	FRESH HAM W/TUSCAN BREAD STUFFING	HAM/STUFFING	1/2 CUP	80	9	8.89
FOODNETWORK.COM SIDE DISHES	PANETTONE STUFFING	STUFFING	1/2 CUP	80	9	8.89
FOODNETWORK.COM SALADS	APPLE-RAISIN COLE SLAW	SALAD	1/2 CUP	80	9	8.89
FOODNETWORK.COM DESSERTS	BREAD PUDDING W/CARAMEL RUM SAUCE	PUDDING	1/2 CUP	80	9	8.89
FOODNETWORK.COM DESSERTS	OLD-FASHIONED GINGERBREAD	GINGERBREAD	1/2 CUP	80	9	8.89
FOODNETWORK.COM DESSERTS	GREEN TOMATO PIE	PIE	1/2 CUP	80	9	8.89
FOODNETWORK.COM MAIN DISHES	PORK CHOPS W/GOLDEN APPLE SAUCE	PORK	2 OZ	56.6	6	9.43
FOODNETWORK.COM DESSERTS	FLAMBEED GOLDEN RAISINS & PINAPPLES W/COCONUT ICE CREAM	ICE CREAM	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	ROAST LOIN OF PORK W/BAKED APPLES & CIDER GRAVY	PORK	1/2 CUP	80	8	10.00
FOODNETWORK.COM DESSERTS	APPLE STRUDEL	STRUDEL	1/2 CUP	80	8	10.00
FOODNETWORK.COM MAIN DISHES	LATIN CHICKEN & RICE POT	CHICKEN/RICE	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	QUICK TAGINE-STYLE CHICKEN	CHICKEN	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	MUGHNAI CHICKEN	CHICKEN	1/2 CUP	80	8	10.00
FOODNETWORK.COM SALADS	CHICKEN WALDORF SALAD	SALAD	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	SPICED COUSCOUS & CHICKEN	CHICKEN	1/4 CUP	40	4	10.00
FOODNETWORK.COM SIDE DISHES	SPECIAL RICE	RICE	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	MAHI MAHI W/CAULIFLOWER	MAHI MAHI	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	SCALLOPS W/CABBAGE & CAPERS	SCALLOPS	1/4 CUP	40	4	10.00
FOODNETWORK.COM SNACKS	EASTER CHEESE MOLD: PASHKA	SNACKS	1/2 CUP	80	8	10.00
FOODNETWORK.COM MAIN DISHES	MUSTARD CRUSTED PORK TENDERLOIN	PORK	1/2 CUP	80	8	10.00
FOODNETWORK.COM SALADS	WILTED ESCAROLE W/PINE NUTS & RAISINS	SALAD	1/4 CUP	40	4	10.00
FOODNETWORK.COM SIDE DISHES	SAFFRON RICE PILAF	RICE	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	GRILLED SWORDFISH W/GRILLED CAPONATA	SWORDFISH	1/4 CUP	40	4	10.00
FOODNETWORK.COM SIDE DISHES	KNOCKIN' ROASTED BROCCOLI	BROCCOLI	1/4 CUP	40	4	10.00
FOODNETWORK.COM DESSERTS	STUFFED BAKED APPLES	APPLES	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	GRILLED PORK TENDERLOIN FILLED W/WALNUT ROMESCO/SAUCE	PORK/SAUCE	1/4 CUP	40	4	10.00
FOODNETWORK.COM SIDE DISHES	WEDDING RAVIOLI: KRAFI	RAVIOLI	1/2 CUP	80	8	10.00

FOODNETWORK.COM SNACKS	OVEN ROASTED MAPLE GORP	SNACKS	1/2 CUP	80	8	10.00
FOODNETWORK.COM MAIN DISHES	INDIAN CURRY LAMB SKEWERS W/MINT-GRILLED NECTARINE CHUTNEY	LAMB/CHUTNEY	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	PAN SAUTEED HALIBUT W/CURRIED CORN SAUCE & TOMATO CHUTNEY	HALIBUT/CHUTNEY	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	OUTDOOR GRILLED STRIPED BASS W/VEGETABLE TIAN & BASIL CREAM	BASS	1/2 CUP	80	8	10.00
FOODNETWORK.COM SALADS	WALDORF SALAD	SALAD	1/4 CUP	40	4	10.00
FOODNETWORK.COM BREAKFAST	BREAKFAST BREAD PUDDING	BREAD	1/2 CUP	80	8	10.00
FOODNETWORK.COM MAIN DISHES	APPLE CIDER MARINATED PORK SPARE RIBS	PORK/SLAW	1/4 CUP	40	4	10.00
FOODNETWORK.COM DESSERTS	ANGEL FOOD CAKE W/WARM CHERRY SAUCE	CAKSE/SAUCE	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	TURKEY CUTLETS W/FRIED RAVIOLI	TURKEY/RAVIOLI	1/4 CUP	40	4	10.00
FOODNETWORK.COM DESSERTS	THE FASTEST CINNAMON ROLLS	ROLLS	3/4 CUP	120	12	10.00
FOODNETWORK.COM MAIN DISHES	VERMICELLI PAYASAM	VERMICELLI	1/2 CUP	80	8	10.00
FOODNETWORK.COM MAIN DISHES	RHEINISCHER SAUERBRATEN	BEEF/SAUCE	1/4 CUP	40	4	10.00
FOODNETWORK.COM SALADS	ROASTED MUSHROOM SALAD W/RAISIN JUICE/SOY DRESSING	SALAD	1/2 CUP	80	8	10.00
FOODNETWORK.COM DESSERTS	VANILLA Brioche BREAD PUDDING W/PEACH SUZETTE SAUCE	PUDDING	1/3 CUP	53.33	5	10.67
FOODNETWORK.COM SIDE DISHES	SEVEN-VEGETABLE COUSCOUS	COUSCOUS	1/3 CUP	53.33	5	10.67
FOODNETWORK.COM SALADS	CARROT SALAD	SALAD	1/3 CUP	53.33	5	10.67
FOODNETWORK.COM DESSERTS	JEWISH SCOTTICH STRUDEL	STRUDEL	1 CUP	160	15	10.67
FOODNETWORK.COM DESSERTS	RUSSIAN STYLE MIXED/DRIED FRUIT STRUDEL	STRUDEL	1 CUP	160	15	10.67
FOODNETWORK.COM MAIN DISHES	CHILES RELLENO W/PICADILLO	CHILES RELLENO	4.5 TBLS	45	4	11.25
FOODNETWORK.COM SIDE DISHES	BRAISED MUSTART GREENS	MUSTARD GREENS	1/4 CUP	40	3.5	11.43
FOODNETWORK.COM MAIN DISHES	DOUBLE-CRUSTED ONION CALZONE: SCALCIONE DI CIPOLLA	CALZONE	1/2 CUP	80	7	11.43
FOODNETWORK.COM DESSERTS	APPLE CRISP	APPLES	1/2 CUP	80	7	11.43
FOODNETWORK.COM MAIN DISHES	TURKEY MEATBALLS	TURKEY	1/2 CUP	80	7	11.43
FOODNETWORK.COM SALADS	QUINOA SALAD /RED ONIONS, ORANGES & GREEN OLIVES	SALAD	1/2 CUP	80	7	11.43
FOODNETWORK.COM SIDE DISHES	SWEET MANGO CHUTNEY	CHUTNEY	1/2 CUP	80	7	11.43
FOODNETWORK.COM MAIN DISHES	ROASTED PORK LOIN W/APPLE & CARAWAY STUFFING	PORK/STUFFING	1/2 CUP	80	7	11.43
FOODNETWORK.COM SIDE DISHES	MANGO CHUTNEY	CHUTNEY	1/2 CUP	80	7	11.43
FOODNETWORK.COM SIDE DISHES	EGGPLANT CAPONATA	CAPONATA	1/2 CUP	80	7	11.43
FOODNETWORK.COM DESSERTS	SWEET POTATO BUNDT CAKE W/SPICED BUTTERED RUM GLAZE	CAKE	1 CUP	160	13.5	11.85
FOODNETWORK.COM MAIN DISHES	LASAGNA NOODLE KUGEL	LASAGNA	4 OZ	113.2	9	12.58
FOODNETWORK.COM SIDE DISHES	OYSTER STUFFING	STUFFING	4 OZ	113.2	9	12.58
FOODNETWORK.COM DESSERTS	QUICK PEACHES & GOLDEN RAISINS COBBLER	COBBLER	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM DESSERTS	INDIAN RICE PUDDING	PUDDING	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM MAIN DISHES	TURKEY PICADILLO SANDWICHES	SANDWICHES	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM MAIN DISHES	APRICOT GLAZED CORNISH GAME HENS W/ITALIAN SAUSAGE-RICE PILAF	GAME HENS/RICE	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM SIDE DISHES	MOROCCAN PILAF	RICE	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM MAIN DISHES	SWEET-AND-SOUR CHICKEN	CHICKEN	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM MAIN DISHES	SINGAPORE PORK SATAY W/LEMON-CURRY RICE	PORK/RICE	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM DESSERTS	CRUNCHY WHITE CHOCOLATE-ORANGE BARK	CANDY	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS	EASY RICE PUDDING	PUDDING	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS	PEACH CRISP	CRISP	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS	RUM-RAISIN RICE PUDDING	PUDDING	1/2 CUP	80	6	13.33
FOODNETWORK.COM SALADS	BROCCOLI & CELERY SLAW	SALAD	1/2 CUP	80	6	13.33
FOODNETWORK.COM SALADS	NORTHERN ITALIAN CAPONATA W/POTATOES	SALAD	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS	APPLE SPICE CAKE W/CREAM CHEESE ICING	CAKE	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS	HONEY BAKED APPLES W/RAISINS & CINNAMON	APPLES	1/2 CUP	80	6	13.33
FOODNETWORK.COM SIDE DISHES	CURRIED RICE PILAF	RICE	1/2 CUP	80	6	13.33
FOODNETWORK.COM MAIN DISHES	TARRAGON-DIJON TUNA SALAD ON MUSTARD ROLLS	TUNA ROLLS	1/2 CUP	80	6	13.33
FOODNETWORK.COM SALADS	GOLDEN SUNSHINE QUINOA SALAD	SALAD	1/2 CUP	80	6	13.33
FOODNETWORK.COM SNACKS	FARM IN A BLANKET	SNACKS	1 CUP	160	12	13.33
FOODNETWORK.COM SALADS	LEMONY COLESLAW	SALAD	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS	LEVAIN BAKERY OATMEAL RAISIN SCONES	SCONES	1 CUP	160	12	13.33
FOODNETWORK.COM MAIN DISHES	PIGGY PIE SPICY PORK EMPANADAS	EMAPANADAS	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS	GREEN TOMATO CAKE W/BROWN BUTTER ICING	CAKE	1 CUP	160	12	13.33
FOODNETWORK.COM MAIN DISHES	RACK OF LAMB W/CRANBERRY-TANGERINE SAUCE, CREAMY POLENTA	LAMB/SAUCE	2 OZ	56.6	4	14.15
FOODNETWORK.COM DESSERTS	SOUTHERN BREAD PUDDING	PUDDING	1 CUP	160	11	14.55
FOODNETWORK.COM DESSERTS	PERSIMMON PUDDING W/HARD SAUCE	PUDDING	1 CUP	160	11	14.55
FOODNETWORK.COM SIDE DISHES	STUFFING W/GOLDEN RAISINS & WALNUTS	STUFFING	3/4 CUP	120	8	15.00
FOODNETWORK.COM SIDE DISHES	FARFALLE W/FRESH TOMATOES, WINE, OLIVES & GOLDEN RAISINS	PASTA	1/2 CUP	80	5	16.00
FOODNETWORK.COM MAIN DISHES	CHICKEN FRIED PORT CHOPS 2/CHUNKY PEAR CHUTNEY	PORK/CHUTNEY	1/2 CUP	80	5	16.00
FOODNETWORK.COM MAIN DISHES	MOROCCAN LAMB TAGINE W/HONEY & APRICOTS	LAMB	1/2 CUP	80	5	16.00
FOODNETWORK.COM DESSERTS	FREE RANGE FRUITCAKE	CAKE	1 CUP	160	10	16.00
FOODNETWORK.COM DESSERTS	SPICED WALNUT CARROT CAKE W/PINEAPPLE	CAKE	1 CUP	160	10	16.00
FOODNETWORK.COM MAIN DISHES	NORTH AFRICAN CHICKEN TAGINE	CHICKEN	1/2 CUP	80	5	16.00
FOODNETWORK.COM SNACKS	WINTER FRUIT COMPOTE W/SELECTION OF CHEESE	SNACKS	1/2 CUP	80	5	16.00
FOODNETWORK.COM MAIN DISHES	KIBBEH W/CARMELIZED ONIONS & POMEGRANATE MOLASSES DRIZZLE	LAMB	1/2 CUP	80	5	16.00
FOODNETWORK.COM BREADS	RAISIN-CARAWAY SODA BREAD	BREAD	1/2 CUP	80	5	16.00
FOODNETWORK.COM MAIN DISHES	LAMB STEWED W/TOMATO & DRIED FRUIT	TURKEY/DUMBLINGS	1/2 CUP	80	5	16.00
FOODNETWORK.COM SIDE DISHES	CRANBERRY CHUTNEY	CHUTNEY	1/2 CUP	80	5	16.00
FOODNETWORK.COM SALADS	BASMATI RICE SALAD	SALAD	3/4 CUP	120	7	17.14
FOODNETWORK.COM SALADS	CAULIFLOWER SLAW	SALAD	3/4 CUP	120	7	17.14
FOODNETWORK.COM SALADS	CAPON SALAD: INSALATA DI CAPONE	SALAD	1 CUP	160	9	17.78
FOODNETWORK.COM SIDE DISHES	CHARDONNAY RICE W/ GOLDEN RAISINS	RICE	1/2 CUP	80	4	20.00
FOODNETWORK.COM SALADS	CORN & CARROT SALAD W/GOLDEN RAISINS	SALAD	1/2 CUP	80	4	20.00
FOODNETWORK.COM SIDE DISHES	CASHEW RICE W/GOLDEN RAISINS	RICE	3/4 CUP	120	6	20.00
FOODNETWORK.COM DESSERTS	PEAR & GOLDEN RAISIN CRISP	CRISP	1 CUP	160	8	20.00
FOODNETWORK.COM MAIN DISHES	CHICKEN SALAD ROLLS	CHICKEN	1/4 CUP	40	2	20.00
FOODNETWORK.COM MAIN DISHES	SALMON IN A COUSCOUS CRUST	SALMON	1/4 CUP	40	2	20.00
FOODNETWORK.COM MAIN DISHES	PORK CUTLETS EMPANIZADO W/MANGO-RUM CHUTNEY	PORK/CHUTNEY	1/2 CUP	80	4	20.00
FOODNETWORK.COM SIDE DISHES	CAPONATA PASTA BAKE	PASTA	1/2 CUP	80	4	20.00
FOODNETWORK.COM BREAKFAST	BRUNCH PANZANELLA	PANZANELLA	3/4 CUP	120	6	20.00
FOODNETWORK.COM SALADS	CAPONATA & HERB POLENTA	SALAD	1/2 CUP	80	4	20.00
FOODNETWORK.COM SIDE DISHES	BRUSSELS SPROUTS LARDONS (CHICKEN)	CHICKEN	3/4 CUP	120	6	20.00
FOODNETWORK.COM BREAKFAST	THE BEST BOWL OF OATMEAL EVER	OATMEAL	1/2 CUP	80	4	20.00
FOODNETWORK.COM MAIN DISHES	PORK TENDERLOIN W/PROSCIUTTO & DRIED FRUIT W/PORT WINE SAUCE	PORK/SAUCE	1/2 CUP	80	4	20.00
FOODNETWORK.COM MAIN DISHES	SPICED BUTTERNUT SQUASH STEW W/COUSCOUS	STEW	1/2 CUP	80	4	20.00
FOODNETWORK.COM MAIN DISHES	LAMB TAGINE W/CHICKPEAS & RAISINS, BASMATI RICE & HARISSA	LAMB	1/2 CUP	80	4	20.00
FOODNETWORK.COM MAIN DISHES	PAN ROASTED FRENCHED PORK RIB CHOP W/FIVE-SPICE, ONION CHUTNEY	PORK/CHUTNEY	1/4 CUP	40	2	20.00
FOODNETWORK.COM SALADS	CARROT SALAD W/RAISINS & SHERRY VINEGAR	SALAD	3/4 CUP	120	6	20.00
FOODNETWORK.COM MAIN DISHES	SWORDFISH W/FENNEL-SAFFRON COMPOTE	SWORDFISH	1/2 CUP	80	4	20.00
FOODNETWORK.COM MAIN DISHES	SLOW-COOKER MOROCCAN TURKEY STEW	STEW	1/2 CUP	80	4	20.00
FOODNETWORK.COM SIDE DISHES	APPLE-RAISIN STUFFING	STUFFING	1 CUP	160	8	20.00
FOODNETWORK.COM BREADS	HARVEST FOCACCIA	BREAD	1 CUP	160	8	20.00
FOODNETWORK.COM SIDE DISHES	ISRAELI COUSCOUS W/RAISINS	COUSCOUS	1 CUP	160	8	20.00
FOODNETWORK.COM SIDE DISHES	COUSCOUS	COUSCOUS	1 CUP	160	8	20.00
FOODNETWORK.COM SIDE DISHES	COUSCOUS W/CARROTS & RAISINS	COUSCOUS	2/3 CUP	106.67	5	21.33
FOODNETWORK.COM SALADS	BAREFOOT CARROT SALAD	SALAD	1/3 CUP	53.33	2.5	21.33
FOODNETWORK.COM SALADS	RED CABBAGE SLAW	SALAD	1 CUP	160	7	22.86
FOODNETWORK.COM SIDE DISHES	NOODLE KUGEL	PASTA	1 CUP	160	7	22.86
FOODNETWORK.COM DESSERTS	SOUTH AUSTRALIAN STRAWBERRY PIE	PIE	8 OZ	226.4	9	25.16
FOODNETWORK.COM DESSERTS	CINNAMON RAISIN BREAD PUDDING	PUDDING	1/2 CUP	80	3	26.67
FOODNETWORK.COM BREAKFAST	OATMEAL W/APPLE, BROWN SUGAR & RAISINS	OATMEAL	1 CUP	160	6	26.67
FOODNETWORK.COM SNACKS	FERNDALE GRANOLA	GRANOLA	1/2 CUP	80	3	26.67
FOODNETWORK.COM DESSERTS	NOODLE PUDDING	PUDDING	1 CUP	160	6	26.67
FOODNETWORK.COM DESSERTS	GINA'S OATMEAL COOKIE ICE CREAM SANDWICHES	ICE CREAM	1 CUP	160	6	26.67
FOODNETWORK.COM SALADS	MOROCCAN CARROT SALAD	SALAD	1 CUP	160	6	26.67
FOODNETWORK.COM SIDE DISHES	CRANBERRY CONSERVE	CONSERVE	1 CUP	160	6	26.67
FOODNETWORK.COM DESSERTS	MINCEMEAT PIE	PIE	8 OZ	226.4	8	28.30
FOODNETWORK.COM DESSERTS	MEXICAN RICE PUDDING ("ARROZ CON LECHE")	PUDDING	3/4 CUP	120	4	30.00

FOODNETWORK.COM DESSERTS	BREAD & BUTTER PUDDING	PUDDING	3/4 CUP	120	4	30.00
FOODNETWORK.COM MAIN DISHES	RAGU-STUFFED PEPPERS	PEPPERS	3/4 CUP	120	4	30.00
FOODNETWORK.COM SIDE DISHES	COLLARDS, GOLDEN RAISIN, & ALMOND SAUCE	SAUCE	1 CUP	160	5	32.00
FOODNETWORK.COM SALADS	IT'S A WONDERFUL WALDORF	SALAD	1 CUP	160	5	32.00
FOODNETWORK.COM DESSERTS	RUM RAISIN RICE PUDDING	PUDDING	1 CUP	160	5	32.00
FOODNETWORK.COM MAIN DISHES	PERSIAN-STYLE JEWELLED RICE W/OVEN ROASTED CHICKEN	CHICKEN/RICE	1 1/4 CUPS	200	6	33.33
FOODNETWORK.COM DESSERTS	IRISH RAISIN CAKE	CAKE	16 OZ	452.8	12	37.73
FOODNETWORK.COM DESSERTS	CARAMELIZED PEARS W/RUM RAISIN MASCARPONE	MASCARPONE	1 CUP	160	4	40.00
FOODNETWORK.COM DESSERTS	RUM SPICE CAKE	CAKE	16 OZ	452.8	10	45.28
FOODNETWORK.COM DESSERTS	CHRISTMAS CAKE	CAKE	16 OZ	452.8	10	45.28
FOODNETWORK.COM MAIN DISHES	HADDOCK CAUGHT OF GLOUCESTER W/TENDER BACON & CHUTNEY	HADDOCK/CHUTNEY	2 CUPS	320	4	80.00
FOODNETWORK.COM MAIN DISHES	DUCK W/CHOCOLATE: ANATRA AL CIOCCOLATO	DUCK	1 TBLS	10	4	2.50
FOODNETWORK.COM BREADS	POPPYSEED BREAD	BREAD	1/2 CUP	80	9	8.89
FOODNETWORK.COM MAIN DISHES	MEDITERRANEAN SWORDFISH WRAPPED IN PROSCIUTTO	SWORDFISH	1/4 CUP	40	5	8.00
FOODNETWORK.COM DESSERTS	WARM INDIAN RICE PUDDING	PUDDING	1/4 CUP	40	5	8.00
FOODNETWORK.COM DESSERTS	GINGERSNAP MANGO-LASSI CHEESECAKE MINIS	CAKE	1/4 CUP	40	6	6.67
FOODNETWORK.COM DESSERTS	APPLE STRUDEL	STRUDEL	4 OZ	113.2	4	28.30
FOODNETWORK.COM DESSERTS	ENGLISH PUDDING	PUDDING	16 OZ	452.8	9	50.31
FOODNETWORK.COM MAIN DISHES	LAMB BIRIYANI	LAMB	1/2 CUP	80	9	8.89
FOODNETWORK.COM MAIN DISHES	MIDDLE EASTERN CHICKEN SLOPPY JOE	CHICKEN	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES	WILD GEORGIA SHRIMP & CRAB CAKE W/MARMALADE	SHRIMP/CRAB	1/4 CUP	40	8	5.00
FOODNETWORK.COM COOKIES & SWEETS	HIGH OCTANE COOKIES	COOKIES	1/2 CUP	80	12	6.67
FOODNETWORK.COM DESSERTS	BANANA FLAMBEE	BANANAS	1/4 CUP	40	6	6.67
FOODNETWORK.COM DESSERTS	PISTACHIO FRUIT BALLS	FRUITS	1/2 CUP	80	24	3.33
FOODNETWORK.COM DESSERTS	RICE PUDDING W/RUM RAISINS & SUGARED ALMONDS	PUDDING	3/4 CUP	120	6	20.00
FOODNETWORK.COM DESSERTS	MOM'S FRUITCAKE	CAKE	16 OZ	452.8	24	18.87
FOODNETWORK.COM SIDE DISHES	GOAT CHEESE CANAPES W/SWEET PEPPERS	CANAPES	1 TBLS	10	30	0.33
FOODNETWORK.COM DESSERTS	PUMPKIN GINGER BREAD PUDDING	PUDDING	1/2 CUP	80	8	10.00
FOODNETWORK.COM SALADS	BASMATI RICE SALAD	SALAD	1/2 CUP	80	4	20.00
FOODNETWORK.COM SIDE DISHES	RAISIN-CAPER SALSA	SAUCE	1 CUP	160	32	5.00
FOODNETWORK.COM MAIN DISHES	SPAGHETTI W/BREAD CRUMBS & RAISINS: SPAGHETTI CON L'UOVA	SPAGHETTI	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS	APPLE-BREAD PUDDING CAKE	CAKE	1/2 CUP	80	9	8.89
FOODNETWORK.COM DESSERTS	RICE PUDDING W/RUM RAISINS	PUDDING	3/4 CUP	120	6	20.00
FOODNETWORK.COM MAIN DISHES	WHOLE WHEAT SPAGHETTI W/GREENS, LEMON, & GINGER	SPAGHETTI	1/2 CUP	80	4	20.00
FOODNETWORK.COM DESSERTS	BANANA-COCONUT RAMEN PUDDING	PUDDING	1/2 CUP	80	7	11.43
FOODNETWORK.COM DESSERTS	BRUSTENGOLO (CORN FLOUR CAKE)	CAKE	2 TBLS	20	6	3.33
RECIPE.COM SALADS	POTATO SALAD IN RADICCHIO CUPS	SALAD	2 TBLS	20	24	0.83
RECIPE.COM COOKIES & SWEETS	SNICKERDOODLE SANDWICHES	COOKIES	3 TBLS	30	24	1.25
RECIPE.COM SIDE DISHES	CRANBERRY-SAUCED MEATBALLS	MEATBALLS	1/2 CUP	80	60	1.33
RECIPE.COM SNACKS	FRUITED CHEESE LOG	CHEESE LOG	1/3 CUP	53.33	32	1.67
RECIPE.COM COOKIES & SWEETS	OATMEAL-MILK CHOCOLATE CHIPPERS	COOKIES	1/2 CUP	80	48	1.67
RECIPE.COM DESSERTS	BREAD PUDDING W/LEMON SAUCE	PUDDING	1/4 CUP	40	24	1.67
RECIPE.COM COOKIES & SWEETS	CARAMEL APPLE COOKIES	COOKIES	3/4 CUP	120	72	1.67
RECIPE.COM SIDE DISHES	GARDEN PILAF	RICE	1 TBLS	10	6	1.67
RECIPE.COM MAIN DISHES	EGGPLANT CAPONATE W/GOLDEN RAISINS	EGGPLANT	2 TBLS	20	10	2.00
RECIPE.COM SIDE DISHES	SAUTEED SPINACH W/PINE NUTS/GOLDEN RAISINS	SPINACH	2 TBLS	20	10	2.00
RECIPE.COM DESSERTS	DARK CHOCOLATE CLUSTERS	CLUSTERS	1/4 CUP	40	20	2.00
RECIPE.COM COOKIES & SWEETS	RAISIN & ALMOND COOKIES	COOKIES	3/4 CUP	120	54	2.22
RECIPE.COM BREADS	CARROT-ZUCCHINI MUFFINS	MUFFINS	1/2 CUP	80	36	2.22
RECIPE.COM SNACKS	APPLE-SAUCE NACHOS	NACHOS	1 TBLS	10	4	2.50
RECIPE.COM DESSERTS	CARROT CAKE BARS	CAKE	1/2 CUP	80	32	2.50
RECIPE.COM DESSERTS	PANFORTE BARS	BARS	1/2 CUP	80	32	2.50
RECIPE.COM DESSERTS	QUICK PANFORTE BARS	BARS	1/2 CUP	80	32	2.50
RECIPE.COM SALADS	CAPONATA	SALAD	1/4 CUP	40	16	2.50
RECIPE.COM MAIN DISHES	HARISSA-CRUSTED PORK CROWN ROAST	PORK	3 TBLS	30	12	2.50
RECIPE.COM DESSERTS	ITALIAN CHEESE BARS	BARS	1/3 CUP	53.33	20	2.67
RECIPE.COM COOKIES & SWEETS	SALTY OATMEAL JUMBLES	COOKIES	1 CUP	160	60	2.67
RECIPE.COM SNACKS	CRANBERRY CHUTNEY & GOAT CHEESE	CHUTNEY	1/4 CUP	40	13	3.08
RECIPE.COM DESSERTS	RUM & EGGNOG CAKES	CAKE	1/2 CUP	80	26	3.08
RECIPE.COM COOKIES & SWEETS	BRANDIED CRANBERRY-APRICOT BARS	COOKIES	1/3 CUP	53.33	16	3.33
RECIPE.COM BREADS	PANETTONE BREAD (BREAD MACHINE)	BREAD	1/3 CUP	53.33	16	3.33
RECIPE.COM DESSERTS	RAISIN-PUMPKIN TART	TARTS	1/4 CUP	40	12	3.33
RECIPE.COM DESSERTS	CLASSIC RICOTTA CHEESECAKE	CHEESECAKE	1/4 CUP	40	12	3.33
RECIPE.COM DESSERTS	FRUIT & NUT CHOCOLATE STICKS	STICKS	3 TBLS	30	9	3.33
RECIPE.COM DESSERTS	BIG APPLE DUMPLINGS	DUMPLINGS	2 TBLS	20	6	3.33
RECIPE.COM SIDE DISHES	CARAMELIZED ONION & SHRIMP BRUSCHETTA	BRUSCHETTA	1/2 CUP	80	24	3.33
RECIPE.COM DESSERTS	NO-BAKE APPLE BARS	BARS	1/4 CUP	40	12	3.33
RECIPE.COM BREADS	CRANBERRY STRUDEL ROLLS	ROLLS	1/4 CUP	40	12	3.33
RECIPE.COM DESSERTS	CINNAMON ROLLS W/MAPLE-NUT VARIATION	ROLLS	1/2 CUP	80	24	3.33
RECIPE.COM SNACKS	BRIE PINWHEEL	BRIE	2/3 CUP	106.67	32	3.33
RECIPE.COM DESSERTS	CEREAL WREATHS	CEREAL	1/3 CUP	53.33	15	3.56
RECIPE.COM BREADS	BUCELLATO	BUCELLATO	1/4 CUP	40	11	3.64
RECIPE.COM COOKIES & SWEETS	FIVE-LAYER BARS	COOKIES	3/4 CUP	120	30	4.00
RECIPE.COM DESSERTS	APRICOT BAKED RICE PUDDING	PUDDING	2 TBLS	20	5	4.00
RECIPE.COM DESSERTS	NO-BAKE FRUITCAKE DIAMONDS	CAKE	1/2 CUP	80	20	4.00
RECIPE.COM BREAKFAST	MINI MUFFIN SANDWICHES	SANDWICHES	1/2 CUP	80	20	4.00
RECIPE.COM DESSERTS	PUMPKIN-SOUR CREAM COFFEE CAKE W/PECAN STREUSEL	COFFEE CAKE	1/3 CUP	53.33	12	4.44
RECIPE.COM DESSERTS	GINGERY CRANBERRY-PEAR TARTLETS	TARTS	1/3 CUP	53.33	12	4.44
RECIPE.COM SALADS	APPLE PASTA SALAD	SALAD	1/4 CUP	40	5	8.00
RECIPE.COM COOKIES & SWEETS	BISCOTTI RUSTICA	COOKIES	1/2 CUP	80	36	2.22
RECIPE.COM BREADS	CHERRY & GOLDEN RAISIN BREAD	RAISIN BREAD	1/2 CUP	80	16	5.00
RECIPE.COM SIDE DISHES	PAN-ROASTED CAULIFLOWER W/PINE NUTS & RAISINS	CAULIFLOWER	2 TBLS	20	4	5.00
RECIPE.COM SIDE DISHES	GLAZED CARROTS W/GINGER	CARROTS	2 TBLS	20	4	5.00
RECIPE.COM SALADS	ROASTED DELICATE SQUASH W/QUINOA SALAD	SALAD	2 TBLS	20	4	5.00
RECIPE.COM MAIN DISHES	MOROCCAN-STYLE LAMB	LAMB	1/4 CUP	40	8	5.00
RECIPE.COM SALADS	TURKEY CHUTNEY PASTA SALAD	SALAD	2 TBLS	20	4	5.00
RECIPE.COM SALADS	WINTER FRUIT WALDORF SALAD	SALAD	1/2 CUP	80	16	5.00
RECIPE.COM DESSERTS	CHOCOLATE NUT FRUITCAKE	CAKE	1/2 CUP	80	16	5.00
RECIPE.COM DESSERTS	PUMPKIN-BOURBON PUDDING	PUDDING	1/4 CUP	40	8	5.00
RECIPE.COM SALADS	SPRING MIX SALAD	SALAD	1 TBLS	10	2	5.00
RECIPE.COM SALADS	CREAMY FRUIT SALAD	SALAD	2 TBLS	20	4	5.00
RECIPE.COM SIDE DISHES	MANGO-CHILE CHUTNEY	CHUTNEY	1/2 CUP	80	16	5.00
RECIPE.COM SIDE DISHES	BABY BEET GREENS W/SPICY MEDITERRANEAN VINAIGRETTE	BABY BEETS	2 TBLS	20	4	5.00
RECIPE.COM SIDE DISHES	PASTA W/SMOTHERED BROCCOLI RABE & OLIVES	BROCCOLI	2 TBLS	20	4	5.00
RECIPE.COM SIDE DISHES	RICE & SWEET POTATO STUFFING	STUFFING	1/3 CUP	53.33	10	5.33
RECIPE.COM SIDE DISHES	GINGERED AUTUMN CHUTNEY	CHUTNEY	1/3 CUP	53.33	10	5.33
RECIPE.COM DESSERTS	BAKED APPLES A LA MODE	APPLES	1/2 CUP	80	8	10.00
RECIPE.COM MAIN DISHES	LEG OF LAMB W/APPLE-MINT CHUTNEY	LAMB/CHUTNEY	1/4 CUP	40	7	5.71
RECIPE.COM BREADS	ORANGE-SPICED FRUIT BREAD	BREAD	1/2 CUP	80	14	5.71
RECIPE.COM SIDE DISHES	CLASSIC ROAST TURKEY W/FRUIT-CHESTNUT STUFFING	TURKEY/STUFFING	1/2 CUP	80	13	6.15
RECIPE.COM SALADS	CURRIED CHICKEN SALAD	SALAD	1/3 CUP	53.33	8	6.67
RECIPE.COM SIDE DISHES	TURKEY & WILD RICE STUFFED CABBAGE ROLLS	CABBAGE ROLLS	1/3 CUP	53.33	8	6.67
RECIPE.COM DESSERTS	TUILLES TOWERS W/SPICED FRUIT COMPOTE	COMPOTE	1/3 CUP	53.33	8	6.67
RECIPE.COM SALADS	MANGO SALAD W/ GINGER-RAISIN VINAIGRETTE	SALAD	1/4 CUP	40	6	6.67
RECIPE.COM DESSERTS	FIG & PEACH TARTS	TARTS	1/4 CUP	40	6	6.67
RECIPE.COM SNACKS	APPLE CRUNCH MIX	APPLES	1/4 CUP	40	6	6.67
RECIPE.COM BREADS	APRICOT ALMOND MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
RECIPE.COM MAIN DISHES	COUNTRY-STYLE LAMB TART	LAMB/TART	1/2 CUP	80	12	6.67
RECIPE.COM SIDE DISHES	SPIINACH W/CHICKPEAS	SPINACH	1/2 CUP	80	12	6.67

RECIPE.COM	SIDE DISHES	STUFFED TOMATO FLOWERS	TOMATOES	1/4 CUP	40	6	6.67
RECIPE.COM	BREADS	FESTIVE FRUIT AND NUT PANETTONE	BREAD	1/2 CUP	80	12	6.67
RECIPE.COM	DESSERTS	PUMPKIN BREAD PUDDING	PUDDING	1/2 CUP	80	12	6.67
RECIPE.COM	DESSERTS	NUTS ABOUT BUTTERSCOTCH TARTLETS	TARTS	1/2 CUP	80	12	6.67
RECIPE.COM	SALADS	LEMONY WALDORF SALAD	SALAD	1/4 CUP	40	6	6.67
RECIPE.COM	BREADS	RAISIN-CARROT MUFFINS	MUFFINS	2/3 CUP	106.67	16	6.67
RECIPE.COM	MAIN DISHES	ROASTED PORK TENDERLOIN W/RAISIN-GINGER PAN SAUCE	PORK	3 TBLS	30	4	7.50
RECIPE.COM	BREADS	POINSETTIA-SHAPE FRUIT BREAD	BREAD	3/4 CUP	120	16	7.50
RECIPE.COM	MAIN DISHES	MEATBALLS W/PEAS	MEATBALLS	3 TBLS	30	4	7.50
RECIPE.COM	SIDE DISHES	PEPPER-APRICOT CHUTNEY	CHUTNEY	1/3 CUP	53.33	7	7.62
RECIPE.COM	BREADS	GOLDEN CARROT-SPICE SCONES	SCONES	1/2 CUP	80	10	8.00
RECIPE.COM	DESSERTS	COLUMBUS CRANBERRY SCONES	SCONES	3/4 CUP	120	15	8.00
RECIPE.COM	DESSERTS	GINGERBREAD SPOON CAKE	CAKE	1/2 CUP	80	8	10.00
RECIPE.COM	SIDE DISHES	SEVEN-SPICE RICE PILAF	RICE	1/4 CUP	40	5	8.00
RECIPE.COM	MAIN DISHES	PICADILLO PIZZA W/CHICKEN	PIZZA	1/4 CUP	40	5	8.00
RECIPE.COM	MAIN DISHES	BAKED HOLIDAY SPIRAL HAM W/RAISIN SAUCE	HAM	2/3 CUP	106.67	13	8.21
RECIPE.COM	SALADS	CURRIED WALDORF SALAD	SALAD	1/3 CUP	53.33	6	8.89
RECIPE.COM	DESSERTS	ROASTED LATE-SUMMER APPLES	APPLES	1/3 CUP	53.33	6	8.89
RECIPE.COM	BREAKFAST	NUT & HONEY CRUNCH GRANOLA	GRANOLA	1/3 CUP	53.33	6	8.89
RECIPE.COM	MAIN DISHES	SKILLET COCONUT CHICKEN	CHICKEN	1/3 CUP	53.33	6	8.89
RECIPE.COM	SALADS	TURKEY PAELLA SALAD	SALAD	1/3 CUP	53.33	6	8.89
RECIPE.COM	DESSERTS	DRIED FRUIT TART W/ALMOND CRUST	TARTS	1/2 CUP	80	9	8.89
RECIPE.COM	MAIN DISHES	MOROCCAN LAMB STEW W/NOODLES	LAMB	1/2 CUP	80	9	8.89
RECIPE.COM	SALADS	SWEET POTATO & FRUIT SALAD	SALAD	2/3 CUP	106.67	12	8.89
RECIPE.COM	SALADS	MINTED WILD RICE SALAD	SALAD	2/3 CUP	106.67	12	8.89
RECIPE.COM	DESSERTS	BLACK-EYED SUSAN CAKE	CAKE	2/3 CUP	106.67	12	8.89
RECIPE.COM	MAIN DISHES	PORK TENDERLOINS W/FRUIT CHUTNEY	PORK/CHUTNEY	3 CUPS	480	50	9.60
RECIPE.COM	DESSERTS	CARMELIZED PLANTAINS W/RUM-RAISIN SAUCE	PLANTAINS	1/2 CUP	80	8	10.00
RECIPE.COM	SIDE DISHES	GREEK LAMB SALAD W/ YOGURT DRESSING	DRESSING	1/4 CUP	40	4	10.00
RECIPE.COM	MAIN DISHES	ROAST CHICKEN W/RAISIN CORN BREAD STUFFING	CHICKEN	1/4 CUP	40	4	10.00
RECIPE.COM	MAIN DISHES	CHICKEN BAKED ON BED OF BREAD & SWISS CHARD	CHICKEN	1/4 CUP	40	4	10.00
RECIPE.COM	MAIN DISHES	PERSIAN SPLIT PEA SOUP	SOUP	1/2 CUP	80	8	10.00
RECIPE.COM	SNACKS	BOWL GAME SNACK MIX	SNACKS	1 CUP	160	16	10.00
RECIPE.COM	SIDE DISHES	EASY MULLIGATAWNY SOUP	SOUP	1/4 CUP	40	4	10.00
RECIPE.COM	SIDE DISHES	APPLE & CABBAGE BABY FOOD	BABY FOOD	2 TBLS	20	2	10.00
RECIPE.COM	DESSERTS	WARM APPLE SPICE CRUMBLE	APPLES	1/4 CUP	40	4	10.00
RECIPE.COM	SIDE DISHES	ESCAROLE W/CARMELIZED ONIONS & CHICKPEAS	PASTA	1/4 CUP	40	4	10.00
RECIPE.COM	DESSERTS	CRANBERRY-APRICOT PUFFS	PUFFS	1/2 CUP	80	8	10.00
RECIPE.COM	SIDE DISHES	REGINA RAGONE'S SAUSAGE STUFFING	STUFFING	1/2 CUP	80	8	10.00
RECIPE.COM	BREAKFAST	FRUITED IRISH OATMEAL	OATMEAL	1/4 CUP	40	9	4.44
RECIPE.COM	MAIN DISHES	PLUM-GLAZED PORK LOIN	PORK	1/4 CUP	40	4	10.00
RECIPE.COM	MAIN DISHES	MOROCCAN-SPICED CHICKEN LENTIL STEW	STEW	1/2 CUP	80	8	10.00
RECIPE.COM	SIDE DISHES	EGGPLANT RELISH	RELISH	1/4 CUP	40	4	10.00
RECIPE.COM	SIDE DISHES	BUTTERNUT SQUASH W/SOY SAUSAGE	SQUASH	1/2 CUP	80	8	10.00
RECIPE.COM	DESSERTS	TOMATO CARROT SPICE CAKE	CAKE	1 CUP	160	16	10.00
RECIPE.COM	SALADS	TRAIL MIX CHICKEN SALAD	SALAD	1/4 CUP	40	4	10.00
RECIPE.COM	DESSERTS	PUMPKIN BREAD PUDDING W/TOFFEE SAUCE	PUDDING	1/2 CUP	80	8	10.00
RECIPE.COM	DESSERTS	NECTARINE-AND-PLUM CRISP W/OATMEAL STREUSEL	CRISP	1/2 CUP	80	8	10.00
RECIPE.COM	SIDE DISHES	PICADILLO-STUFFED PEPPERS	STUFFED PEPPER	1/2 CUP	80	8	10.00
RECIPE.COM	MAIN DISHES	FRUITED COUSCOUS-STUFFED SALMON ROAST	SALMON	1/2 CUP	80	8	10.00
RECIPE.COM	MAIN DISHES	SWEET & SOUR SICILIAN BRAISED CHICKEN	CHICKEN	1/4 CUP	40	4	10.00
RECIPE.COM	MAIN DISHES	TURKEY & FALL VEGETABLES SAFFRON BROTH W/COUSCOUS	TURKEY	1/4 CUP	40	4	10.00
RECIPE.COM	BREADS	ORANGE-HONEY SWEET ROLLS	ROLLS	1 CUP	160	15	10.67
RECIPE.COM	SALADS	BROWN RICE SALAD W/BASIL & PISTACHIOS	SALAD	1/2 CUP	80	7	11.43
RECIPE.COM	SIDE DISHES	J&G STEAK SAUCE	SAUCE	1/2 CUP	80	7	11.43
RECIPE.COM	MAIN DISHES	SLOW-ROASTED PORK SHOULDER W/SALSA VERDE/POTATOES	PORK/POTATOES	1/2 CUP	80	7	11.43
RECIPE.COM	MAIN DISHES	VEGAN MOROCCAN STEW	STEW	1/3 CUP	53.33	4	13.33
RECIPE.COM	BREADS	ORANGE-RAISIN BRUNCH BREAD	BREAD	3/4 CUP	120	9	13.33
RECIPE.COM	SALADS	BROCCOLI-TURKEY SALAD	SALAD	1/2 CUP	80	6	13.33
RECIPE.COM	MAIN DISHES	PORK LOIN W/SAUTEED GREENS RAISINS & ALMONDS	PORK	1/2 CUP	80	6	13.33
RECIPE.COM	SIDE DISHES	BASMATI RICE & CURRY CASSEROLE	CASSEROLE	1/2 CUP	80	6	13.33
RECIPE.COM	DESSERTS	RHUBARB CONSERVE	CONSERVE	1/2 CUP	80	6	13.33
RECIPE.COM	SALADS	WALDORF SALAD	SALAD	1/2 CUP	80	6	13.33
RECIPE.COM	DESSERTS	RICOTTA VANILLA BREAD PUDDING	PUDDING	1/2 CUP	80	6	13.33
RECIPE.COM	SIDE DISHES	CAVATAPPI & CHARD	PASTA	1/2 CUP	80	6	13.33
RECIPE.COM	MAIN DISHES	TURKEY & CURRIED VEGETABLES	TURKEY	1/2 CUP	80	6	13.33
RECIPE.COM	DESSERTS	RICE PUDDING W/ RAISINS	PUDDING	3/4 CUP	120	8	15.00
RECIPE.COM	BREAKFAST	OATMEAL BRUNCH CASSEROLE	OATMEAL	3 TBLS	30	2	15.00
RECIPE.COM	DESSERTS	ROYAL CHRISTMAS CAKE	CAKE	1 1/2 CUPS	240	16	15.00
RECIPE.COM	MAIN DISHES	BEEF PICADILLO	BEEF	1/2 CUP	80	5	16.00
RECIPE.COM	DESSERTS	PUMPKIN BREAD PUDDING	PUDDING	1 1/4 CUPS	200	12	16.67
RECIPE.COM	MAIN DISHES	CHICKEN W/GOLDEN RAISINS & PINE NUTS	CHICKEN	1/2 CUP	80	4	20.00
RECIPE.COM	MAIN DISHES	ALMOND-CRUSTED COD W/DIJON SPINACH	COD	1/2 CUP	80	4	20.00
RECIPE.COM	MAIN DISHES	CURRIED CHICKEN	CHICKEN	1/2 CUP	80	4	20.00
RECIPE.COM	MAIN DISHES	CHICKEN W/HONEY-ORANGE SAUCE	CHICKEN	1/2 CUP	80	4	20.00
RECIPE.COM	SALADS	APPLE-WALNUT SALAD	SALAD	1/2 CUP	80	4	20.00
RECIPE.COM	MAIN DISHES	ROASTED PORK TENDERLOIN W/JAMAICAN SNAPDRAGONS	PORK	1/2 CUP	80	4	20.00
RECIPE.COM	SIDE DISHES	PICADILLO W/RICE & BEANS	RICE/BEANS	1/2 CUP	80	4	20.00
RECIPE.COM	SALADS	ARUGULA SALAD W/FRUIT ALE DRESSING	SALAD	1/2 CUP	80	4	20.00
RECIPE.COM	SNACKS	SPICED CEREAL TRAIL MIX	TRAIL MIX	1 CUP	160	8	20.00
RECIPE.COM	SALADS	CHUTNEY-CHICKEN COUSCOUS SALAD	SALAD	1/2 CUP	80	4	20.00
RECIPE.COM	SALADS	COUSCOUS CHICKEN SALAD	SALAD	1/2 CUP	80	4	20.00
RECIPE.COM	DESSERTS	APPLE BUTTER TARTS	TARTS	1 CUP	160	8	20.00
RECIPE.COM	SIDE DISHES	PICADILLO	PICADILLO	1/2 CUP	80	4	20.00
RECIPE.COM	MAIN DISHES	PORK TENDERLOIN W/FIG CHUTNEY	PORK/CHUTNEY	1/2 CUP	80	4	20.00
RECIPE.COM	MAIN DISHES	CURRIED FRIED RICE W/CHICKEN	RICE/CHICKEN	1/2 CUP	80	4	20.00
RECIPE.COM	DESSERTS	CHRISTMAS APPLE PIE	PIE	1 CUP	160	8	20.00
RECIPE.COM	MAIN DISHES	GOLDEN CHICKEN & CHICKPEA COUSCOUS	CHICKEN	1 CUP	160	7	22.86
RECIPE.COM	SIDE DISHES	BUFFET WILD RICE	RICE	1 CUP	160	7	22.86
RECIPE.COM	DESSERTS	CORN BREAD CASSATA	CASSATA	1 1/2 CUPS	240	10	24.00
RECIPE.COM	SIDE DISHES	APPLE-NUTMEG CONSERVE	CONSERVE	1 CUP	160	6	26.67
RECIPE.COM	MAIN DISHES	SALMON CLUB SANDWICHES	SANDWICHES	3/4 CUP	120	4	30.00
RECIPE.COM	DESSERTS	WARM APPLE COMPOTE W/VANILLA CREAM	APPLES	1 CUP	160	5	32.00
RECIPE.COM	SIDE DISHES	SCALLOPS W/ROASTED CAULIFLOWER & RAISINS	SCALLOPS	1 CUP	160	4	40.00
RECIPE.COM	SIDE DISHES	WHOLE CRANBERRY CHUTNEY	CHUTNEY	1 CUP	160	4	40.00
RECIPE.COM	MAIN DISHES	CRISPY CHICKEN THIGHS W/ GOLDEN RAISIN COMPOSTE	CHICKEN	1 1/4 CUPS	200	4	50.00
SUNMAID.COM	COOKIES & SWEETS	RAISIN & PINE NUT COOKIES	COOKIES	1/3 CUP	53.33	48	1.11
SUNMAID.COM	MAIN DISHES	GOLDENS & CHERRIES BACON ROLL-UPS	BEEF	1/3 CUP	53.33	42	1.27
SUNMAID.COM	DESSERTS	SPRING FLOWER CUPCAKES	CAKE	1/2 CUP	80	24	3.33
SUNMAID.COM	DESSERTS	FRUIT 'N HONEY STICKY BUNS WREATH	BUNS	1/4 CUP	40	11	3.64
SUNMAID.COM	SNACKS	GOLDEN RAISIN JACK-O-LANTERN	SNACKS	3/4 CUP	120	32	3.75
SUNMAID.COM	SNACKS	BAKED BRIE W/ZESTY RAISINS	BRIE	3/4 CUP	120	24	5.00
SUNMAID.COM	DESSERTS	RAISIN-CHERRY HOLIDAY LOAF	BREAD	1 1/2 CUPS	240	40	6.00
SUNMAID.COM	DESSERTS	EASY CINNAMON-RAISIN SNAILS	ROLLS	3/4 CUP	120	18	6.67
SUNMAID.COM	DESSERTS	GORGONZOLA & FRUIT ROASTED PEARS	PEARS	1/4 CUP	40	6	6.67
SUNMAID.COM	COOKIES & SWEETS	SPICED RAISIN COOKIES W/WHITE CHOCOLATE DRIZZLE	COOKIES	1 CUP	160	24	6.67
SUNMAID.COM	SNACKS	RAISIN HERB SPREAD	SNACKS	3/4 CUP	120	16	7.50
SUNMAID.COM	SIDE DISHES	SAVORY BROWN RICE & BEANS	RICE/BEANS	1/4 CUP	40	5	8.00
SUNMAID.COM	DESSERTS	AUTUMN APPLE PIE	PIE	1/2 CUP	80	8	10.00

SUNMAID.COM	DESSERTS	GOLDEN & CHERRY SCONES		SCONES	1/2 CUP	80	8	10.00
SUNMAID.COM	SIDE DISHES	MEDITERRANEAN SPINACH & RICE		SPINACH/RICE	1/2 CUP	80	6	13.33
SUNMAID.COM	DESSERTS	LIGHT CITRUS CHEESECAKE W/RAISIN NUT CRUST		CAKE	1 CUP	160	12	13.33
SUNMAID.COM	SALADS	BAJA COLESLAW		SALAD	3/4 CUP	120	7	17.14
SUNMAID.COM	SNACKS	EVERYTHING BUT THE KITCHEN SINK MIX		SNACKS	1 CUP	160	9	17.78
SUNMAID.COM	SALADS	STEAK & BLUE CHEESE SALAD		SALAD	1/2 CUP	80	4	20.00
SUNMAID.COM	SALADS	TURKEY WILD RICE SALAD		SALAD	1/2 CUP	80	4	20.00
SUNMAID.COM	MAIN DISHES	THAI-STYLE LETTUCE WRAPS		CHICKEN	3/4 CUP	120	6	20.00
SUNMAID.COM	SIDE DISHES	QUICK RISOTTO W/SMOKED GOUDA, GOLDEN RAISINS & CHERRIES		RISOTTO	1/2 CUP	80	4	20.00
SUNMAID.COM	SALADS	SPICED RAISINS & ORANGES		SALAD	2/3 CUP	106.67	4	26.67
SUNMAID.COM	SALADS	LEMON CHICKEN PILAF SALAD		SALAD	3/4 CUP	120	4	30.00
SUNMAID.COM	SIDE DISHES	WILD RICE PILAF		RICE	3/4 CUP	120	4	30.00
SUNMAID.COM	MAIN DISHES	APPLE PORK SKILLET		PORK	1 CUP	160	5	32.00
SUNMAID.COM	SALADS	CHICKEN SATAY SALAD		SALAD	1 CUP	160	4	40.00
SUNMAID.COM	SIDE DISHES	CURRIED SWEET POTATOES W/GOLDEN RAISINS		POTATOES	1 CUP	160	4	40.00
FOODNETWORK.COM BREADS		HOT CROSS BUNS		BUNS	1/2 CUP	80	12	6.67
FOODNETWORK.COM DESSERTS		BAKED APPLE POUCHES		APPLES	1/4 CUP	40	8	5.00
FOODNETWORK.COM SIDE DISHES		GREEN BEANS W/OLIVES, RAISINS & ALMONDS		GREEN BEANS	1/4 CUP	40	4	10.00
FOODNETWORK.COM SALADS		VINEGARD COLE SLAW		SALAD	1/4 CUP	40	8	5.00
FOODNETWORK.COM DESSERTS		MOCK FRUIT W/ICE CREAM		ICE CREAM	2 TBLS	20	8	2.50
FOODNETWORK.COM DESSERTS		ORANGE SEMOLINA CAKE		CAKE	1/2 CUP	80	8	10.00
FOODNETWORK.COM MAIN DISHES		PICADILLO POCKETS		SANDWICHES	3 TBLS	30	7.50	
FOODNETWORK.COM DESSERTS		DIRTY RICE PUDDING		PUDDING	1/2 CUP	80	7	11.43
FOODNETWORK.COM SIDE DISHES		SICILIAN CAULIFLOWER PASTA		PASTA	3 TBLS	30	4	7.50
FOODNETWORK.COM MAIN DISHES		STUFFED PEPPERS-PEPPERONI RIPENI		PEPPERS	1/2 CUP	80	4	20.00
FOODNETWORK.COM DESSERTS		DORM ROOM HOT DOG BUN BREAD PUDDING		PUDDING	1/3 CUP	53.33	5	10.67
FOODNETWORK.COM COOKIES & SWEETS		GRAB 'N GO COOKIES		COOKIES	1 TBLS	10	4	2.50
FOODNETWORK.COM MAIN DISHES		ROAST BEEF & COUSCOUS SALAD		SALAD	1/2 CUP	80	4	20.00
FOODNETWORK.COM SALADS		BUTTERNUT, ARUGULA & PINE NUT SALAD		SALAD	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM MAIN DISHES		SKILLET CURRIED CHICKEN		CHICKEN	5 TBLS	50	4	12.50
FOODNETWORK.COM DESSERTS		CINNAMON RAISIN-NUT TOFFEE		CANDY	1/2 CUP	80	7	11.43
FOODNETWORK.COM DESSERTS		RICE KRISPIES NUTTY BUTTERSCOTCH SQUARES		CANDY	1/2 CUP	80	16	5.00
FOODNETWORK.COM SALADS		ROASTED CAULIFLOWER W/CAPER VINAIGRETTE		SALAD	1/4 CUP	40	4	10.00
FOODNETWORK.COM MAIN DISHES		CRISPY BRAISED PORK SHANKS		PORK/CAPER	1/3 CUP	53.33	4	13.33
FOODNETWORK.COM SALADS		ALL-AMERICAN SALAD		SALAD	3/4 CUP	120	5	24.00
FOODNETWORK.COM MAIN DISHES		GRILLED BLUE FIN TUNA		TUNA	1/2 OZ	14.15	4	3.54
FOODNETWORK.COM BREADS		GUGELHUPF		BREAD	3 OZ	84.9	9	9.43
FOODNETWORK.COM MAIN DISHES		STUFFED SOLE W/SAFFRON: SOGLIOLE RIPENE		FISH	2 TBLS	20	4	5.00
FOODNETWORK.COM MAIN DISHES		MISO & HONEY GLAZED SEA BASS W/CHINESE LONG BEAN SALAD		BASS/SALAD	1/4 CUP	40	6	6.67
FOODNETWORK.COM SNACKS		RIVOLI HORS D'OEUVRES		RIVOLI	1/2 CUP	80	4	20.00
FOODNETWORK.COM DESSERTS		THE PROOF IS IN THE PUDDING, BREAD PUDDING W/VANILA ICE CREAM		PUDDING/ICE CREAM	1/2 CUP	80	7	11.43
FOODNETWORK.COM MAIN DISHES		SPINACH & FETA PIE		SPINACH/FETA PIE	1/3 CUP	53.33	8	6.67
FOODNETWORK.COM MAIN DISHES		GRILLED BEEF, ROASTED PEPPER, & RAISIN RISOTTO		BEEF/RISOTTO	1/2 CUP	80	4	20.00
FOODNETWORK.COM MAIN DISHES		SPATCHCOCKED CORNISH HEN W/BABY LEAF SALAD		CORNISH HEN/SALAD	1 TBLS	10	2	5.00
FOODNETWORK.COM DESSERTS		FIADONE		FIADONE	1/2 CUP	80	8	10.00
FOODNETWORK.COM MAIN DISHES		CURRIED CHICKEN POT PIE		CHICKEN	1/4 CUP	40	4	10.00
FOODNETWORK.COM DESSERTS		APPLE TART TATIN W/GOAT CHEESE TIMBALE & GREEN APPLE SORBET		TARTS/SORBET	5 OZ	141.5	6	23.58
FOODNETWORK.COM DESSERTS		HEIRLOOM APPLE TART		TARTS	1/4 CUP	40	16	2.50
FOODNETWORK.COM DESSERTS		APPLE CHARLOTTES W/CALVALDO CRÈME ANGLAISE		APPLES	1/4 CUP	40	4	10.00
FOODNETWORK.COM DESSERTS		APPLE RAISIN TART		APPLES	1/2 CUP	80	9	8.89
FOODNETWORK.COM MAIN DISHES		SAVORY SPAGHETTI BUNDT		SPAGHETTI/LAMB	1/2 CUP	80	11	7.27
FOODNETWORK.COM MAIN DISHES		GRILLED TUNA W/SHELLFISH MOLE SAUCE & TOASTED MASHED POTATOE TUNA/SAUCE		1/4 CUP	40	8	5.00	
FOODNETWORK.COM DESSERTS		MONDAY TO FRIDAY PECAN & SOUR CREAM NOODLE PUDDING		PUDDING	1 CUP	160	7	22.86
FOODNETWORK.COM MAIN DISHES		STUFFED VEAL BRASCIOLA W/SPAETZLE & FRIZZLED BEETS & CARROTS		VEAL	4 OZ	113.2	3	37.73
FOODNETWORK.COM SIDE DISHES		RANI'S RICE PILAF		RICE	1/2 CUP	80	8	10.00
FOODNETWORK.COM MAIN DISHES		FRUIT STUFFED RACK OF LAMB		LAMB	1/4 CUP	40	5	8.00
FOODNETWORK.COM SNACKS		GORP		TRAIL MIX	1/2 CUP	80	3	26.67
FOODNETWORK.COM MAIN DISHES		FIG GLAZED HAM W/DRIED FRUIT COMPOTE		HAM	1/2 CUP	80	22	3.64
FOODNETWORK.COM DESSERTS		CURRIED BANANA W/RUM RAISIN MASCARPONE		BANANAS	4 TBLS	40	4	10.00
FOODNETWORK.COM SIDE DISHES		MADEIRA ONION SOUP		SOUP	2 TBLS	20	5	4.00
FOODNETWORK.COM DESSERTS		UPSIDE-DOWN WALNUT MINCE		PIE	1/2 CUP	80	8	10.00
FOODNETWORK.COM DESSERTS		VANILLA ICE CREAM W/FLAMEED FRESH MINCEMEAT		ICE CREAM	1/2 CUP	80	6	13.33
FOODNETWORK.COM DESSERTS		BREAD PUDDING W/MEZCAL MARINATED DRIED FRUITS		PUDDING	1/2 CUP	80	5	16.00
COOKS.COM	MAIN DISHES	HAM W/GOLDEN RAISIN GLAZE		HAM/GLAZE	1/2 CUP	80	10	8.00
COOKS.COM	MAIN DISHES	SICILIAN STUFFED PEPPERS		PEPPERS	2 TBLS	20	4	5.00
COOKS.COM	SIDE DISHES	BAKED BRIE W/CRANBERRY-ORANGE RELISH		BRIE/RELISH	1/2 CUP	80	12	6.67
COOKS.COM	SIDE DISHES	COUSCOUS PILAF		COUSCOUS	2 TBLS	20	4	5.00
COOKS.COM	BREADS	AMARETTO BREAD PUDDING		BREAD	3/4 CUP	120	9	13.33
COOKS.COM	SIDE DISHES	WILD RICE & APPLE CIDER PILAF		RICE	1/2 CUP	80	4	20.00
COOKS.COM	SALADS	CURRIED CHICKEN & RICE SALAD		SALAD	3/4 CUP	120	6	20.00
COOKS.COM	BREAKFAST	FRENCH TOAST SOUFFLE		SOUFFLE	1/2 CUP	80	4	20.00
COOKS.COM	MAIN DISHES	CHICKEN CURRY W/YOGURT		CHICKEN	1/2 CUP	80	4	20.00
COOKS.COM	BREADS	BREAD PUDDING		BREAD	1/3 CUP	53.33	12	4.44
COOKS.COM	MAIN DISHES	CURRIED LAMB		LAMB	1 CUP	160	6	26.67
COOKS.COM	SALADS	ORIENTAL CHICKEN FRUIT SALAD		SALAD	1/2 CUP	80	7	11.43
COOKS.COM	SIDE DISHES	CURRIED SQUASH W/APPLES		SQUASH	1/4 CUP	40	8	5.00
COOKS.COM	DESSERTS	CARROT NOODLE PUDDING		PUDDING	1/2 CUP	80	8	10.00
COOKS.COM	BREAKFAST	CONTINENTAL BRUNCH TOAST		TOAST	4 TBLS	40	9	4.44
COOKS.COM	DESSERTS	SWEETLY POACHED PEARS		PEARS	1/4 CUP	40	6	6.67
COOKS.COM	MAIN DISHES	CHUTNEY CHICKEN		CHICKEN	1/2 CUP	80	7	11.43
COOKS.COM	SALADS	WACKY, WEIRD, WONDERFUL SALAD		SALAD	1 CUP	160	6	26.67
COOKS.COM	MAIN DISHES	HOT OYSTERS W/JULIENNE OF LEEKS & SAUTERNES SAUCE		OYSTERS/SAUCE	1/4 CUP	40	6	6.67
COOKS.COM	DESSERTS	CARROT CAKE		CAKE	1/2 CUP	80	18	4.44
COOKS.COM	BREAKFAST	CHOCOLATE CHIP COFFEE CAKE		CAKE	1/2 CUP	80	10	8.00
COOKS.COM	DESSERTS	DEEP DISH CRANBERRY APPLE RAISIN PIE		PIE	1 CUP	160	8	20.00
COOKS.COM	MAIN DISHES	MEATLESS TURKEY		TURKEY	1 CUP	160	12	13.33
COOKS.COM	MAIN DISHES	CURRIED TURKEY & FRUIT		TURKEY	2 TBLS	20	4	5.00
COOKS.COM	SIDE DISHES	WILD RICE W/PECANS		RICE	1 CUP	160	7	22.86
COOKS.COM	MAIN DISHES	SKILLET CHICKEN & PORK SAUTE		CHICKEN	2 TBLS	20	4	5.00
COOKS.COM	BREADS	WHOLE WHEAT IRISH SODA BREAD		BREAD	1 CUP	160	12	13.33
COOKS.COM	DESSERTS	SPICED CRANBERRY CRUMBLE		PIE	1/3 CUP	53.33	8	6.67
COOKS.COM	SALADS	PEAR-RAISIN SALAD		SALAD	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	RICE PILAF W/CINNAMON & GOLDEN RAISINS		RICE	1/3 CUP	53.33	6	8.89
FOOD.COM	DESSERTS	SPICED GOLDEN RAISINS & ORANGES		ORANGES	2/3 CUP	106.67	5	21.33
FOOD.COM	DESSERTS	ORANGE RICE PUDDING W/GOLDEN RAISINS (CROCK POT)		PUDDING	2/3 CUP	106.67	5	21.33
FOOD.COM	SIDE DISHES	COUSCOUS W/GARBANZO BEANS & GOLDEN RAISINS		COUSCOUS	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	GOLDEN OLIE OLD FASHIONED RAISIN PIE		PIE	2 CUPS	320	8	40.00
FOOD.COM	SIDE DISHES	RICE PILAF W/PINE NUTS & GOLDEN RAISINS		RICE	4 TBLS	40	5	8.00
FOOD.COM	SALADS	MIXED SALAD W/FETA & GOLDEN RAISINS		SALAD	1 CUP	160	4	40.00
FOOD.COM	BREAKFAST	GOLDEN RAISIN BREAKFAST BUNS		BUNS	1/2 CUP	80	8	10.00
FOOD.COM	BREAKFAST	OCEAN & GOLDEN RAISIN OATMEAL BRULEE		OATMEAL	1/2 CUP	80	4	20.00
FOOD.COM	BREADS	BREAD MACHINE CARDAMOM GOLDEN RAISIN ALMOND BREAD		BREAD	1/3 CUP	53.33	12	4.44
FOOD.COM	MAIN DISHES	SHRIMP & APPLE CURRY W/GOLDEN RAISINS		SHRIMP	1/2 CUP	80	4	20.00
FOOD.COM	SALADS	CARROT & GOLDNE RAISIN (SULTANA) SALAD		SALAD	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	LEMON FROSTED GOLDEN RAISIN BUNS		BUNS	1/2 CUP	80	18	4.44
FOOD.COM	DESSERTS	CREAM CHEESE PIE W/GOLDEN RAISINS		PIE	1/2 CUP	80	9	8.89
FOOD.COM	DESSERTS	CITRUS COMPOTE W/HONEY & GOLDEN RAISINS		COMPOTE	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	CRANBERRY & GOLDEN RAISIN GREEN BEANS		GREEN BEANS	2 TBLS	20	6	3.33
FOOD.COM	DESSERTS	SIMPLE GOLDEN RAISIN SCONES		SCONES	1 CUP	160	8	20.00

FOOD.COM	SIDE DISHES	COLLARD GREENS, GOLDEN RAISIN, & ALMOND SAUTE	COLLARD GREENS	1 CUP	160	5	32.00
FOOD.COM	BREAKFAST	GOLDEN RAISIN BRAN MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	BREAKFAST	GOLDEN PECAN-RAISIN SWEET ROLLS	ROLLS	1/2 CUP	80	24	3.33
FOOD.COM	BREAKFAST	CRANBERRY & GOLDEN RAISIN CREAM MUFFINS	MUFFINS	1 CUP	160	12	13.33
FOOD.COM	SIDE DISHES	CARAMELIZED APPLESAUCE W/PECANS & GOLDEN RAISINS	APPLES	1/3 CUP	53.33	8	6.67
FOOD.COM	DESSERTS	GOLDEN RAISIN BARS	BARS	3/4 CUP	120	24	5.00
FOOD.COM	COOKIES & SWEETS	GOLDEN RAISIN SPICE COOKIES	COOKIES	1 1/2 CUPS	240	60	4.00
FOOD.COM	DESSERTS	GOLDEN RAISIN-COCONUT OAT BARS	BARS	1 1/2 CUPS	240	9	26.67
FOOD.COM	BREAKFAST	GOLDEN RAISIN OAT BRAN MUFFINGS	MUFFINS	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	BAKED BRIE W/GOLDEN RAISIN COMPOTE	COMPOTE	1 CUP	160	40	4.00
FOOD.COM	MAIN DISHES	RED CABBAGE SPAGHETTI W/GOLDEN RAISINS	SPAGHETTI	1/2 CUP	80	8	10.00
FOOD.COM	SIDE DISHES	SOURDOUGH STUFFING W/SAUSAGE, APPLES & GOLDEN RAISINS	STUFFING	3/4 CUP	120	16	7.50
FOOD.COM	MAIN DISHES	SAFFRON RICE & GOLDEN RAISIN PILAF	RICE	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	APPLE JUICE PORK W/SQUASH & GOLDEN RAISINS	PORK/SQUASH	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	PEANUT & SULTANA SLICE (OR PEANUT & GOLDEN RAISIN BAR)	BARS	1/2 CUP	80	18	4.44
FOOD.COM	DESSERTS	CINNAMON-CARAMEL APPLE DUMPLINGS W/GOLDEN RAISINS	APPLES	6 TBLS	60	6	10.00
FOOD.COM	BREADS	PEACH & BUTTERMILK BREAD PUDDING W/GOLDEN RAISINS	BREAD	1 CUP	160	12	13.33
FOOD.COM	MAIN DISHES	CHICKEN LEGS W/FRESH CORIANDER & GOLDEN RAISINS	CHICKEN	2 TBLS	20	7	2.86
FOOD.COM	SIDE DISHES	SPICED GINGER TOMATO CHUTNEY - RELISH W/GOLDEN RAISINS	CHUTNEY	1/2 CUP	80	24	3.33
FOOD.COM	MAIN DISHES	DUCK BREAST W/BRAISED FENNEL & GOLDEN RAISINS	DUCK	1/2 CUP	80	2	40.00
FOOD.COM	SIDE DISHES	MINTED ZUCCHINI W/GOLDEN RAISINS	ZUCCHINI	1/4 CUP	40	4	10.00
FOOD.COM	MAIN DISHES	COUSCOUS W/CHICKEN, WALNUTS & GOLDEN RAISINS	CHICKEN	1/2 CUP	80	2	40.00
FOOD.COM	BREAKFAST	GOLDEN RAISIN BRAN MINI MUFFINS	MUFFINS	2 CUPS	320	48	6.67
FOOD.COM	SIDE DISHES	BROCCOLI RABE W/GOLDEN RAISINS	BROCCOLI	1/4 CUP	40	4	10.00
FOOD.COM	BREAKFAST	GOLDEN RAISIN ROSEMARY MUFFINS	MUFFINS	1/2 CUP	80	24	3.33
FOOD.COM	SNACKS	CRANBERRY, PECAN & GOLDEN RAISIN GRANOLA	GRANOLA	2 3/4 CUPS	440	60	7.33
FOOD.COM	SNACKS	CALIFORNIA ALMOND GRANOLA W/GOLDEN RAISINS	GRANOLA	1/3 CUP	53.33	9	5.93
FOOD.COM	BREADS	GOLDEN RAISIN WHEAT BREAD	BREAD	3/4 CUP	120	48	2.50
FOOD.COM	DESSERTS	APPLE CRUMB W/GOLDEN RAISINS	PIE	1 TBLS	10	2	5.00
FOOD.COM	DESSERTS	GOLDEN RAISIN CUSTARD PIE/COBBLER	PIE	1 1/2 CUPS	240	13	18.46
FOOD.COM	SALADS	GOLDEN RAISIN & PECAN SALAD	SALAD	1/4 CUP	40	6	6.67
FOOD.COM	MAIN DISHES	SAUTEED SWISS CHARD W/GOLDEN RAISINS & CAPERS	SWISS CHARD	1/3 CUP	53.33	4	13.33
FOOD.COM	DESSERTS	GINGERED PEAR PIE W/GOLDEN RAISINS	PIE	3/4 CUP	120	8	15.00
FOOD.COM	COOKIES & SWEETS	GOLDEN RAISIN COOKIES	COOKIES	2 1/2 CUPS	400	72	5.56
FOOD.COM	SIDE DISHES	SICILY KNOWS BEST-EGGPLANT STEW W/HONEY & GOLDEN RAISIN	STEW	1 OZ	28.3	6	4.72
FOOD.COM	BREADS	GOLDEN RAISIN ZUCCHINI BREAD	BREAD	1/2 CUP	80	10	8.00
FOOD.COM	SIDE DISHES	OVEN BAKED CURRIED BROWN RICE W/GOLDEN RAISINS	RICE	1/3 CUP	53.33	5	10.67
FOOD.COM	MAIN DISHES	CHICKEN CURRY IN A HURRY	CHICKEN	1/3 CUP	53.33	4	13.33
FOOD.COM	MAIN DISHES	ISLAND PORK TENDERLOIN (OPTIONAL SALAD)	PORK	1/2 CUP	80	7	11.43
FOOD.COM	SALADS	CRANBERRY FRUIT COLESLAW	SALAD	1/2 CUP	80	11	7.27
FOOD.COM	SNACKS	CINNAMON WALNUT GRANOLA	GRANOLA	1 CUP	160	20	8.00
FOOD.COM	SALADS	HAWAIIAN COLESLAW	SALAD	1/4 CUP	40	8	5.00
FOOD.COM	COOKIES & SWEETS	TRIPLE THREAT OATMEAL BARS	BARS	3/4 CUP	120	48	2.50
FOOD.COM	MAIN DISHES	COCONUT CHICKEN FINGERS W/30 MINUT MANGO CHUTNEY	CHICKEN/CHUTNEY	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	INDIAN RICE PUDDING	PUDDING	1/3 CUP	53.33	5	10.67
FOOD.COM	BREAKFAST	APPLE-PECAN PANCAKES	PANCAKES	1/2 CUP	80	9	8.89
FOOD.COM	SALADS	BROCCOLI SALAD	SALAD	1/2 cup	80	12	6.67
FOOD.COM	DESSERTS	PUMPKIN CINNAMON ROLLS	ROLLS	1/2 CUP	80	12	6.67
FOOD.COM	SALADS	CITRUS COLE SLAW	SALAD	2 TBLS	20	4	5.00
FOOD.COM	BREAKFAST	ADDICTIVE HEALTHY MUFFINS	MUFFINS	1 1/2 CUPS	240	24	10.00
FOOD.COM	DESSERTS	CHEWY ENGLISH FLAPJACK	BARS	2 OZ	56.6	10.5	5.39
FOOD.COM	SALADS	WALDORF COLESLAW	SALAD	1 CUP	160	8	20.00
FOOD.COM	BREAKFAST	EGGNOG OATMEAL	OATMEAL	1 TBLS	10	1	10.00
FOOD.COM	DESSERTS	BAKED CINNAMON APPLES (CROCK POT)	APPLES	1 CUP	160	5	32.00
FOOD.COM	BREADS	SOUTHERN SWEET POTATO BREAD	BREAD	1/2 CUP	80	10	8.00
FOOD.COM	SIDE DISHES	CRANBERRY WILD RICE PILAF	RICE	1 CUP	160	9	17.78
FOOD.COM	BREAKFAST	FRUITED IRISH OATMEAL	OATMEAL	1/4 CUP	40	9	4.44
FOOD.COM	DESSERTS	GAJAR HALVA (CARROT PUDDING - AN INDIAN DESSERT)	PUDDING	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	CROCK POT CRANBERRY PORT PORK ROAST	PORK	1/3 CUP	53.33	6	8.89
FOOD.COM	DESSERTS	APRICOT-CITRUS PRESERVES	PRESERVES	1/2 CUP	80	24	3.33
FOOD.COM	COOKIES & SWEETS	STARBUCKS OUTRAGEOUS OATMEAL COOKIES	COOKIES	1/4 CUP	40	24	1.67
FOOD.COM	MAIN DISHES	APPLE CARROT FINGER/TEA SANDWICHES	SANDWICHES	1/4 CUP	40	20	2.00
FOOD.COM	SIDE DISHES	APPLE SPICED SWEET POTATOES	POTATOES	2/3 CUP	106.67	10	10.67
FOOD.COM	BREAKFAST	LEMON GLAZED ZUCCHINI MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	SALADS	WILD RICE SALAD W/MUSTARD HONEY DRESSING	SALAD	1/4 CUP	40	7	5.71
FOOD.COM	DESSERTS	MEXICAN RICE PUDDING	PUDDING	1/4 CUP	40	9	4.44
FOOD.COM	DESSERTS	FREE RANGE FRUITCAKE	CAKE	1 CUP	160	10	16.00
FOOD.COM	DESSERTS	UNCLE BILL'S CHRISTMAS FRUITCAKE W/BRANDY	CAKE	16 OZ	452.8	75	6.04
FOOD.COM	DESSERTS	APPLE CRISP	APPLES	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	COCONUT THAI SHRIMP & RICE (CROCK POT)	SHRIMP/RICE	1/2 CUP	80	7	11.43
FOOD.COM	SIDE DISHES	CHEAT'S EASY SPICED COUSCOUS W/FRUIT & NUTS - IN A JAR	COUSCOUS	2 TBLS	20	4	5.00
FOOD.COM	SIDE DISHES	COCONUT BASMATI RICE PILAF	RICE	1/2 CUP	80	9	8.89
FOOD.COM	MAIN DISHES	SPANISH CHICKEN W/RICE, CHICKEN FOR ALMODOVAR	CHICKEN/RICE	1/4 CUP	40	4	10.00
FOOD.COM	SALADS	TASTY BROCCOLI SALAD	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	SIDE DISHES	YELLOW RICE (BEGRAFNISRYS)	RICE	1/2 CUP	80	5	16.00
FOOD.COM	SALADS	WILD RICE SALAD	SALAD	2 CUPS	320	8	40.00
FOOD.COM	BREADS	GRANDMA DOLORES' IRISH SODA BREAD	BREAD	1/4 CUP	40	9	4.44
FOOD.COM	DESSERTS	APPLE PIE CAKE	CAKE	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	SPICY SWEET POTATO CASSEROLE	CASSEROLE	3/4 CUP	120	12	10.00
FOOD.COM	MAIN DISHES	EAST AFRICAN BRAISED CHICKEN	CHICKEN	3 TBLS	30	4	7.50
FOOD.COM	DESSERTS	TAHINI CAKE	CAKE	1/2 CUP	80	11	7.27
FOOD.COM	DESSERTS	GLUTEN-FREE COCONUT CARROT CAKE W/CREAM CHEESE ICING	CAKE	1/2 CUP	80	9	8.89
FOOD.COM	DESSERTS	FANOUREPITA (GREEK SPICED RAISIN CAKE)	CAKE	1 CUP	160	13.5	11.85
FOOD.COM	BREADS	BREAD PUDDING FOR 2	BREAD	4 TBLS	40	2	20.00
FOOD.COM	BREADS	BUTTERTART MUFFINS 1983	MUFFINS	1 1/2 CUPS	240	12	20.00
FOOD.COM	DESSERTS	TROPICAL LEMON SQUARES	BARS	1/2 CUP	80	35	2.29
FOOD.COM	MAIN DISHES	EASY CHICKEN CURRY & COUSCOUS	CHICKEN/COUSCOUS	1 CUP	160	5	32.00
FOOD.COM	BREAKFAST	BAKED "BANANA BREAD" OATMEAL	OATMEAL	1/4 CUP	40	6	6.67
FOOD.COM	BREAKFAST	SICILIAN-STYLE TOASTED QUINOA	QUINOA	1/3 CUP	53.33	7	7.62
FOOD.COM	SALADS	RED ONION & ORANGE SALAD (SPAIN)	Salad	4 TBLS	40	4	10.00
FOOD.COM	MAIN DISHES	BAKED BUTTERNUT SQUASH, RAISIN & PINE NUT LASAGNA	LASAGNA/SQUASH	3/4 CUP	120	8	15.00
FOOD.COM	BREAKFAST	HARVEST BRAN MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	COOKIES & SWEETS	FAT FREE OATMEAL RAISIN COOKIES	COOKIES	1/2 CUP	80	40	2.00
FOOD.COM	BREAKFAST	PECAN CARAMEL ROLLS	ROLLS	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	OUTRAGEOUS CARROT CAKE	CAKE	2 CUPS	320	24	13.33
FOOD.COM	BREADS	APRICOT CARROT BREAD	BREAD	1/3 CUP	53.33	12	4.44
FOOD.COM	MAIN DISHES	BIRYANI W/MURGH (CHICKEN)	CHICKEN	1/4 CUP	40	8	5.00
FOOD.COM	COOKIES & SWEETS	OATMEAL FRUIT COOKIES (LOW FAT)	COOKIES	1/4 CUP	40	24	1.67
FOOD.COM	SIDE DISHES	RHUBARB CHUTNEY	CHUTNEY	1/3 CUP	53.33	5	10.67
FOOD.COM	BREADS	SUNSHINE BREAD	BREAD	1/4 CUP	40	12	3.33
FOOD.COM	SNACKS	PACK IT & GO ENERGY BARS	BARS	1/2 CUP	80	18	4.44
FOOD.COM	SALADS	BANANA WALDORF SALAD	SALAD	1/2 CUP	80	5	16.00
FOOD.COM	BREAKFAST	APPLE & PECAN BREAKFAST CASSEROLE	CASSEROLE	3/4 CUP	120	7	17.14
FOOD.COM	BREAKFAST	APRICOT BREAKFAST CAKE	CAKE	1/3 CUP	53.33	8	6.67
FOOD.COM	DESSERTS	NO-BAKE SUGAR PLUMS	PLUMS	1/4 CUP	40	36	1.11
FOOD.COM	SALADS	SPINACH SALAD W/PEPPER JELLY VINAIGRETTE	SALAD	2 TBLS	20	1.5	13.33
FOOD.COM	SIDE DISHES	JAZZY PINEAPPLE PECAN BUTTER	SAUCE	2 TBLS	20	9	2.22
FOOD.COM	BREAKFAST	HEARTY GRAINS PANCAKES	PANCAKES	1/2 CUP	80	5	16.00
FOOD.COM	MAIN DISHES	CHICKEN W/BLUEBERRY-GINGER CHUTNEY	CHICKEN/CHUTNEY	1/4 CUP	40	6	6.67

FOOD.COM	SIDE DISHES	YAM ROYALE	YAMS	1/4 CUP	40	6	6.67
FOOD.COM	MAIN DISHES	NORTH AFRICAN CHICKEN & COUSCOUS	CHICKEN/COUSCOUS	1/2 CUP	80	6	13.33
FOOD.COM	BREAKFAST	YUMMY KAH LUA PANCAKES	PANCAKES	3/4 CUP	120	8	15.00
FOOD.COM	SALADS	CURRIED CHICKEN SALAD	SALAD	1/3 CUP	53.33	4	13.33
FOOD.COM	DESSERTS	GRANDMA CHICS CARROT CAKE 1968	CAKE	1 CUP	160	16	10.00
FOOD.COM	SIDE DISHES	CARON'S TASTY COCONUT RICE	RICE	1/8 CUP	20	4	5.00
FOOD.COM	BREAKFAST	KANGAROO HOUSE B & B'S WHOLE GRAIN HOT CEREAL	CEREAL	1/2 CUP	80	3	26.67
FOOD.COM	BREAKFAST	CINNAMON COFFEE SCONES	SCONES	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	PEANUT BUTTER-PLUS SANDWICHES	SANDWICHES	3 TBLS	30	4	7.50
FOOD.COM	BREAKFAST	BANANA BREAKFAST BARS	BARS	1/2 CUP	80	21	3.81
FOOD.COM	SALADS	CLASSIC BROCCOLI-RAISIN SALAD	SALAD	1 CUP	160	6	26.67
FOOD.COM	SALADS	WALDORF SALAD - NO MAYONNAISE	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	MIMI'S CAFÉ CARROT RAISIN BREAD (COPYCAT RECIPE)	BREAD	6 OZ	169.8	18	9.43
FOOD.COM	SALADS	FRESH CRANBERRY PECAN SALAD	SALAD	1 CUP	160	19	8.42
FOOD.COM	SALADS	AUTUMN CHICKEN SALAD	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	BREADS	IRISH SODA BREAD (BREAD MACHINE)	BREAD	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	COMFORT ME W/APPLE CRISP	APPLES	1/4 CUP	40	3	13.33
FOOD.COM	SIDE DISHES	PORTABELLA MUSHROOM CAPONATA	CAPONATA	1/4 CUP	40	8	5.00
FOOD.COM	DESSERTS	LEMON CREAM SCONES	SCONES	1/2 CUP	80	12	6.67
FOOD.COM	SIDE DISHES	SPICED RICE PILAF	RICE	1/4 CUP	40	5	8.00
FOOD.COM	BREAKFAST	SWEET ROLLS OVERNIGHT	ROLLS	1/4 CUP	40	14	2.86
FOOD.COM	COOKIES & SWEETS	DYNAMITE OATMEAL CHOCOLATE CHIP RAISIN COOKIES	COOKIES	1 CUP	160	30	5.33
FOOD.COM	DESSERTS	WARM AMARETTO APPLES	APPLES	2 TBLS	20	2	10.00
FOOD.COM	BREAKFAST	CREAMY SCOTTISH OATMEAL (W/CROCK-POT INSTRUCTIONS)	OATMEAL	1/2 CUP	80	4	20.00
FOOD.COM	SIDE DISHES	SWEET TOMATO CHUTNEY	CHUTNEY	2 TBLS	20	6	3.33
FOOD.COM	MAIN DISHES	INDONESIAN GRILLED CHICKEN	CHICKEN	1/2 CUP	80	4	20.00
FOOD.COM	MAIN DISHES	THAI EGGPLANT SANDWICH	SANDWICHES	1/4 CUP	40	6	6.67
FOOD.COM	SALADS	HAM-COLE SLAW SALAD	SALAD	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	MIDDLE EASTERN RAISIN RICE	RICE	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	BAHAMIAN PAPAYA RUM CAKE	CAKE	1 CUP	160	8	20.00
FOOD.COM	SIDE DISHES	CASHEW GOLDEN RICE	RICE	1/4 CUP	40	3	13.33
FOOD.COM	DESSERTS	KAHLUA KRUNCH KOBBLER	COBBLER	1/3 CUP	53.33	7	7.62
FOOD.COM	SIDE DISHES	APPLE CIDER & WILD RICE PILAF TREASURE	RICE	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	PRUNES IN ORANGE-WINE SAUCE	PRUNES/SAUCE	1/2 CUP	80	6	13.33
FOOD.COM	SALADS	PARADISE'S SENSUAL SALAD	SALAD	1 TBLS	10	5	2.00
FOOD.COM	SIDE DISHES	ALMONDS, MUSHROOM, RAISINS & RED PEPPER PILAF	RICE	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	MY MAMA'S CARROT TZIMMES	CARROTS	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	SOUR CREAM CINNAMON VANILLA BREAD, ABM	BREAD	2/3 CUP	106.67	16	6.67
FOOD.COM	MAIN DISHES	CHICKEN & COUSCOUS	CHICKEN/COUSCOUS	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	CARROT CAKE ICE CREAM	CAKE	1/2 CUP	80	9	8.89
FOOD.COM	SIDE DISHES	SWEET BUT SAVORY BUTTERNUT SQUASH	SQUASH	1/2 CUP	80	4	20.00
FOOD.COM	BREADS	CRANBERRY RAISIN NUT BREAD	BREAD	1/2 CUP	80	8	10.00
FOOD.COM	SIDE DISHES	CROWN ROAST OF PORK W/SAVORY FRUIT STUFFING	PORK/STUFFING	3/4 CUP	120	12	10.00
FOOD.COM	SALADS	MOROCCAN COUSCOUS SALAD	SALAD	1/4 CUP	40	7	5.71
FOOD.COM	MAIN DISHES	CHICKEN BREASTS, ORANGE STUFFED	CHICKEN	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	HIGH HOLIDAYS KUGEL	KUGEL	8 OZ	226.4	8.5	26.64
FOOD.COM	SALADS	SWEDISH CABBAGE & ORANGE SALAD	SALAD	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	COFFEE CAKE GOLDMINE	CAKE	3 TBLS	30	9	3.33
FOOD.COM	DESSERTS	BAKED BARLEY PUDDING	PUDDING	1/2 CUP	80	8	10.00
FOOD.COM	BREADS	RAISIN OATMEAL BRAN MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	BREADS	PISTACHIO CRUNCH MUFFINS	MUFFINS	1/4 CUP	40	12	3.33
FOOD.COM	BREAKFAST	SUMMER HARVEST OATMEAL	OATMEAL	1 TBLS	10	1	10.00
FOOD.COM	MAIN DISHES	MOROCCAN SHRIMP W/COUSCOUS	SHRIMP/COUSCOUS	1/2 CUP	80	6	13.33
FOOD.COM	SALADS	CITRUS COLE SLAW	SALAD	1 1/2 CUPS	240	9	26.67
FOOD.COM	MAIN DISHES	COPYCAT SUBWAY ORCHARD CHICKEN SALAD SUB	SANDWICHES	1/4 CUP	40	4	10.00
FOOD.COM	MAIN DISHES	MOROCCAN MEATBALL STEW	STEW	1/4 CUP	40	6	6.67
FOOD.COM	DESSERTS	PLUG'S APPLE HAND CAKE	CAKE	1/2 CUP	80	12	6.67
FOOD.COM	SALADS	YOGURT APPLE SALAD	SALAD	1/2 CUP	80	8	10.00
FOOD.COM	SALADS	COOL BROCCOLI SALAD	SALAD	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	GREEN TOMATO CAKE W/BROWN BUTTER ICING	CAKE	1 CUP	160	14	11.43
FOOD.COM	SIDE DISHES	GLAZED CARROTS W/GINGER	CARROTS	2 TBLS	20	4	5.00
FOOD.COM	SNACKS	ON-THE-GO CHICKEN SALAD WRAPS	WRAPS	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	AFGHAN AMBROSIA - HAF-MIWAH	FRUITS	1/2 CUP	80	5	16.00
FOOD.COM	BREADS	WW 2 POINTS - FROSTED BANANA BREAD MUFFINS	MUFFINS	1/2 CUP	80	24	3.33
FOOD.COM	BREAKFAST	YUMMY BRAN & FLAX MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	BREAKFAST	APPLESAUCE & RAISIN MUFFINS	MUFFINS	2 CUPS	320	22	14.55
FOOD.COM	MAIN DISHES	PASTEL DE CHOCHO	BEEF/CORN	1/2 CUP	80	5	16.00
FOOD.COM	DESSERTS	VANILLA SWIRL CAKE	CAKE	1/4 CUP	40	10	4.00
FOOD.COM	BREAKFAST	OATMEAL RAISIN APPLESAUCE MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	SALADS	CRISP 'N GOOD APPLE SALAD W/WALNUTS & WALNUT OIL DRESSING	SALAD/DRESSING	1/2 CUP	80	4	20.00
FOOD.COM	SNACKS	KASHI GOLEAN GRANOLA/SNACK BARS (NO BAKE)	GRANOLA	1/4 CUP	40	27	1.48
FOOD.COM	SNACKS	FRUITED BRIE	BRIE	3/4 CUP	120	16	7.50
FOOD.COM	SIDE DISHES	UNCLE BILL'S CRANBERRY CHUTNEY	CHUTNEY	1 CUP	160	32	5.00
FOOD.COM	SIDE DISHES	RICE PILAF	RICE	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	PINEAPPLE KUGEL	KUGEL	1/2 CUP	80	8	10.00
FOOD.COM	SALADS	PEGGY'S DELICIOUS BROCCOLI SALAD	SALAD	1 CUP	160	5.5	29.09
FOOD.COM	SIDE DISHES	FARFALLE W/PROSCIUTTO, SPINACH, PINE NUTS & RAISINS	PASTA	1/2 CUP	80	4	20.00
FOOD.COM	SIDE DISHES	THANKSGIVING MEDLEY	YAMS	1/2 CUP	80	5	16.00
FOOD.COM	SNACKS	CORN FLAKES CHIVDA (SPICY INDIAN SNACK MIX)	SNACKS	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	SPICE MARKET SWEET POTATO & LENTIL PACKETS	SWEET POTATO	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	PEAR CHUTNEY	CHUTNEY	1 CUP	160	20	8.00
FOOD.COM	DESSERTS	SUPER STUFFED BAKED APPLES A LA MODE	ICE CREAM	1/8 CUP	20	4	5.00
FOOD.COM	MAIN DISHES	EASY RICE COOKER CHICKEN CURRY	CHICKEN/RICE	1/2 CUP	80	4	20.00
FOOD.COM	SALADS	SAUTEED ESCAROLE	ESCAROLE	1 TBLS	10	4	2.50
FOOD.COM	DESSERTS	SWISS CARROT CAKE	CAKE	1/4 CUP	40	12	3.33
FOOD.COM	SALADS	FARMERS MARKET KALE SALAD	SALAD	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	OKTOBERFEST APPLE STRUDEL	STRUDEL	1/2 CUP	80	7	11.43
FOOD.COM	DESSERTS	FLAVOURED RICE PUDDING YOU SAY	PUDDING	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	STOVE TOP RICE PUDDING FROM LEFTOVER RICE	PUDDING	1/3 CUP	53.33	5	10.67
FOOD.COM	MAIN DISHES	ON-THE-GO CHICKEN SALAD WRAPS	CHICKEN	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	CRISP 'N GOOD APPLE SALAD W/WALNUTS & WALNUT OIL DRESSING	APPLES	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	CARROT BUNDT CAKE W/GLAZE	CAKE	1 1/2 CUPS	240	12	20.00
FOOD.COM	MAIN DISHES	CHICKEN W/DRIED FRUIT	CHICKEN/FRUIT	1/4 CUP	40	4	10.00
FOOD.COM	COOKIES & SWEETS	BANANA RUM COCONUT COOKIES	COOKIES	1/2 CUP	80	20	4.00
FOOD.COM	SALAD	SPINACH-PEAR SALAD	SALAD	1/4 CUP	40	8	5.00
FOOD.COM	SIDE DISHES	CANDIED YAMS & APPLE	YAMS/APPLE	1/2 CUP	80	5	16.00
FOOD.COM	MAIN DISHES	KUWAITI CHICKEN & RICE W/DAQOOS-GARLIC TOMATO SAUCE	CHICKEN/RICE	1/4 CUP	40	2	20.00
FOOD.COM	MAIN DISHES	LAMB SHANK TAGINE	LAMB	1/2 CUP	80	4.5	17.78
FOOD.COM	DESSERTS	DRIED FRUIT COMPOTE FOR TWO	COMPOTE	2 TBLS	20	2	10.00
FOOD.COM	MAIN DISHES	SPINACH & FETA-STUFFED FOCACCIA	SPINACH/FOCACCIA	1/4 CUP	40	6	6.67
FOOD.COM	MAIN DISHES	DRIED CHERRY TOASTED ALMOND TURKEY SALAD SANDWICHES	SANDWICHES	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	ORANGE RAISIN RICE BLEND	RICE	1/2 CUP	80	5	16.00
FOOD.COM	SIDE DISHES	ROASTED BROCCOLI W/RAISIN VINAIGRETTE	BROCCOLI	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	SOUR MILK SPICE CAKE	CAKE	1/4 CUP	40	12	3.33
FOOD.COM	DESSERTS	SURPRISE CARROT CAKE	CAKE	1 CUP	160	7	22.86
FOOD.COM	DESSERTS	HOLIDAY RUM & RAISIN CAKE	CAKE	2 CUPS	320	16	20.00
FOOD.COM	DESSERTS	HONEY BAKED APPLES	APPLES	1/3 CUP	53.33	6	8.89
FOOD.COM	SALAD	NEW WAVE WALDORF SALAD	SALAD	1/4 CUP	40	6	6.67

FOOD.COM	SIDE DISHES	PAN SEARED SCALLOPS W/CAULIFLOWER & BALSAMIC SYRUP	SCALLOPS	2 TBLS	20	2	10.00
FOOD.COM	BREAKFAST	SLUMBER PARTY BAKED FRENCH TOAST	FRENCH TOAST	1/2 CUP	80	12	6.67
FOOD.COM	MAIN DISHES	WINTER VEGETABLE LASAGNA	LASAGNA	1/2 CUP	80	8	10.00
FOOD.COM	BREADS	MOLASSES RAISIN BREAD	BREADS	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	LITTLE FRUITCAKE BITES	CAKE	1/4 CUP	40	60	0.67
FOOD.COM	BREAKFAST	HONEY BRAN MUFFINS	MUFFINS	2 CUPS	320	20	16.00
FOOD.COM	MAIN DISHES	PORK CHOPS W/PAN FRIED STUFFING	PORK/STUFFING	1 CUP	160	4	40.00
FOOD.COM	SALAD	AFRICAN COUSCOUS SALAD	SALAD	1/2 CUP	80	9	8.89
FOOD.COM	DESSERTS	GOJI BERRY RICE PUDDING	PUDDING	3 OZ	84.9	6	14.15
FOOD.COM	SIDE DISHES	THE BEST CRANBERRY CHUTNEY	CHUTNEY	1 CUP	160	10	16.00
FOOD.COM	SIDE DISHES	REAL HOT PEPPER CHUTNEY	CHUTNEY	1/2 CUP	80	10	8.00
FOOD.COM	SIDE DISHES	VEGETARIAN STUFFED EGGPLANT	EGGPLANT	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	CARROT HALVA	CARROTS	1/3 CUP	53.33	8	6.67
FOOD.COM	SIDE DISHES	SPICY FRUIT SOUP	SOUP	1/2 CUP	80	4	20.00
FOOD.COM	SIDE DISHES	SICILIAN-STYLE TOASTED QUINOA	QUINOA	1/3 CUP	53.33	6	8.89
FOOD.COM	BREAKFAST	STUFFING MUFFINS	MUFFINS	2/3 CUP	106.67	12	8.89
FOOD.COM	MAIN DISHES	ANDES STYLE PAPAS RELLENAS	RELENAS	1/4 CUP	40	8	5.00
FOOD.COM	SALAD	COUSCOUS SALAD W/BROCOLLIA & RAISINS	SALAD	2 TBLS	20	1	20.00
FOOD.COM	MAIN DISHES	CHICKPEA & SPINACH STEW	STEW	1/2 CUP	80	4	20.00
FOOD.COM	MAIN DISHES	NORTH AFRICAN QUICK TAGINE-STYLE CHICKEN	CHICKEN	1/4 CUP	40	4	10.00
FOOD.COM	MAIN DISHES	BOBOTIE BOWLS	BEEF	1/4 CUP	40	6	6.67
FOOD.COM	DESSERTS	COCONUT RICE PUDDING	PUDDING	1/3 CUP	53.33	6	8.89
FOOD.COM	SIDE DISHES	ULTIMATE CRANBERRY/APPLE/RAISIN CHUTNEY	CHUTNEY	1/2 CUP	80	7	11.43
FOOD.COM	SIDE DISHES	STUFFED ACORN SQUASH	SQUASH	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	BROCCOLI SALAD	SALAD	1 CUP	160	10	16.00
FOOD.COM	SNACKS	THE ZAAR BAAR	BARS	1 CUP	160	40	4.00
FOOD.COM	DESSERTS	BRANDIED CRANBERRY-APRICOT BARS	BARS	1/3 CUP	53.33	16	3.33
FOOD.COM	SALAD	SHAPIRO'S STUFFED CABBAGE	CABBAGE	1/2 CUP	80	8	10.00
FOOD.COM	SIDE DISHES	ROASTED SQUASH W/FRUITED COUSCOUS	SQUASH	1/2 CUP	80	8	10.00
FOOD.COM	BREAKFAST	SIMPLY SWEET MUESLI	MUESLI	2 TBLS	20	2	10.00
FOOD.COM	DESSERTS	COCOBERRY SLICES	BARS	1/3 CUP	53.33	15	3.56
FOOD.COM	MAIN DISHES	RUM MARINATED CHICKEN W/TROPICAL SALSA	CHICKEN/SALSA	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	SAVORY BUTTERNUT SQUASH	SQUASH	1/4 CUP	40	4.5	8.89
FOOD.COM	BREADS	BANANA & MANGO BREAD	BREADS	1 CUP	160	12	13.33
FOOD.COM	SIDE DISHES	APPLE-APRICOT CHUTNEY	CHUTNEY	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	CROCK POT APPLE SPICED YAMS	YAMS	1 CUP	160	15	10.67
FOOD.COM	BREAKFAST	SUNDAY MORNING OATMEAL-BAREFOOT CONTESSA INA GARTEN	OATMEAL	1/2 CUP	80	4	20.00
FOOD.COM	SIDE DISHES	VEGETARIAN PEANUT CURRY (AFRICAN INSPIRED)	CURRY	1/2 CUP	80	9	8.89
FOOD.COM	SALAD	BEAUTIFUL SALAD	SALAD	2 TBLS	20	5	4.00
FOOD.COM	DESSERTS	FRUITCAKE BARS	BARS	1/4 CUP	40	32	1.25
FOOD.COM	SALAD	CURRIED COUSCOUS & CHICKEN SALAD	SALAD	1/2 CUP	80	8	10.00
FOOD.COM	BREADS	PERFECT PUMPKIN BREAD (VEGAN)	BREADS	1 CUP	160	10	16.00
FOOD.COM	SIDE DISHES	SAUSAGE STUFFED ZUCCHINI	ZUCCHINI	1/4 CUP	40	9	4.44
FOOD.COM	BREAKFAST	CHUNKY TRAIL MIX BREAKFAST COOKIES	COOKIES	1/2 CUP	80	24	3.33
FOOD.COM	SALAD	BROCCOLI BACON SALAD	SALAD	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	CRANBERRY & RAISIN BREAD PUDDING W/CARAMEL SAUCE	BREADS	1/2 CUP	80	16	5.00
FOOD.COM	DESSERTS	FRENCH CANADIAN APPLE PIE	PIE	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	OATMEAL W/DRIED FRUIT COMPOTE	OATMEAL	1 CUP	160	13	12.31
FOOD.COM	MAIN DISHES	SPICY BEEF SAMOSAS	BEEF	1/3 CUP	53.33	16	3.33
FOOD.COM	DESSERTS	RUSTIC APPLE TART	TARTS	1/3 CUP	53.33	6	8.89
FOOD.COM	MAIN DISHES	APRICOT BARLEY CASSEROLE	CASSEROLE	1/2 CUP	80	9	8.89
FOOD.COM	MAIN DISHES	SPICE ROUTE CHICKEN	CHICKEN	2 TBLS	20	6	3.33
FOOD.COM	SIDE DISHES	CRANBERRY SAUCE (HOT CHUTNEY)	CHUTNEY	1/2 CUP	80	24	3.33
FOOD.COM	COOKIES & SWEETS	CARROT-PECAN COOKIES	COOKIES	1/2 CUP	80	30	2.67
FOOD.COM	COOKIES & SWEETS	BREAKFAST MONSTER COOKIES	COOKIES	1 CUP	160	72	2.22
FOOD.COM	SIDE DISHES	FRUIT CHUTNEY	CHUTNEY	1/2 CUP	80	24	3.33
FOOD.COM	DESSERTS	APPLE TOPPED KAHLUA & CREAM DESSERT	APPLES	1/4 CUP	40	8	5.00
FOOD.COM	SIDE DISHES	BASMATI RICE W/CARROTS, RAISINS & SPICES (KABLI)	RICE	1 CUP	160	8	20.00
FOOD.COM	SIDE DISHES	SWEET & SOUR CABBAGE SOUP W/RAISINS	SOUP	1/4 CUP	40	5	8.00
FOOD.COM	SALAD	CHICKEN WALDORF SALAD	SALAD	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	MANGO-APPLE CHUTNEY	CHUTNEY	1/2 CUP	80	24	3.33
FOOD.COM	SIDE DISHES	WARM RUM RAISIN CIDER	CIDER	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	PAN DULCE DE CALABAZA - SWEET PUMPKIN BREAD	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	WILLIAMSBURG ORANGE CAKE W/WILLIAMSBURG BUTTER FROSTING	CAKE	1 CUP	160	12	13.33
FOOD.COM	BREADS	SWEET POTATO MUFFINS (GREAT FOR AFTER TURKEY DAY)	MUFFINS	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	CANNOLI CHEESECAKE	CAKE	1 CUP	160	16	10.00
FOOD.COM	MAIN DISHES	GOLD RICE W/CHICKEN & PISTACHIO	CHICKEN/RICE	1/4 CUP	40	5	8.00
FOOD.COM	BREADS	PEPPERNUT TEA BREAD	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	JAPANESE FRUIT CAKE MY MOM USED TO MAKE	CAKE	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	TRUFFLES, A SWEET INDULGENCE	CANDY	1/3 CUP	53.33	15	3.56
FOOD.COM	MAIN DISHES	SICILIAN CHICKEN	CHICKEN	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	VISIONS OF SUGARPLUMS	FRUIT	1 CUP	160	36	4.44
FOOD.COM	DESSERTS	FARMHOUSE FRESH: ORANGE-RHUBARB PIE	PIE	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	BROCCOLI SALAD W/BACON & CRAISINS	SALAD	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	ROLLED MEATLOAF	BEEF	3/4 CUP	120	4	30.00
FOOD.COM	SIDE DISHES	APRICOT WALNUT CHUTNEY	CHUTNEY	1 CUP	160	18	8.89
FOOD.COM	SIDE DISHES	ASIAN PLUM-ONION CHUTNEY	CHUTNEY	1 CUP	160	18	8.89
FOOD.COM	SALAD	KAHLUA APPLE SALAD	SALAD	1/4 CUP	40	7	5.71
FOOD.COM	DESSERTS	PINEAPPLE UPSIDE DOWN OUTRAGEOUS CARROT CAKE	CAKE	2 CUPS	320	24	13.33
FOOD.COM	SNACKS	POPCORN GRANOLA	GRANOLA	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	CREAMY CARDAMOM RICE PUDDING (VEGAN)	PUDDING	1/3 CUP	53.33	6	8.89
FOOD.COM	DESSERTS	FRUITY BIRTHDAY CUPCAKES	CAKE	1/2 CUP	80	24	3.33
FOOD.COM	MAIN DISHES	MANSAF	LAMB	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	SEVIYAN (VERMECILLI DESSERT)	VERMICELLI	3/4 CUP	120	5	24.00
FOOD.COM	MAIN DISHES	MOROCCAN CHICKEN & BARLEY PILAF	CHICKEN	1/4 CUP	40	5	8.00
FOOD.COM	MAIN DISHES	PORK CHOPS W/GOLDEN APPLESAUCE	PORK/APPLESAUCE	2 OZ	56.6	3.5	16.17
FOOD.COM	SALAD	DREAMY APPLE SALAD	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	HAWAIIAN SALMON W/PINEAPPLE SALSA	SALMON/SALSA	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	BAKED APPLES W/HONEY SYRUP	APPLES	1/4 CUP	40	6	6.67
FOOD.COM	DESSERTS	TIPSY FUDGE	CANDY	3/4 CUP	120	36	3.33
FOOD.COM	MAIN DISHES	TURKEY PICADILLO	TURKEY	1/2 CUP	80	4	20.00
FOOD.COM	BREAKFAST	MRS. M'S BRAN MUFFINS	MUFFINS	1/2 CUP	80	10	8.00
FOOD.COM	SIDE DISHES	SPINACH PIE	SPINACH	2 TBLS	20	16	1.25
FOOD.COM	SIDE DISHES	MAPLE BUTTERNUT SQUASH	SQUASH	2 TBLS	20	6	3.33
FOOD.COM	SNACKS	PEANUT BUTTER HAZELNUT PUDDING TRAIL MIX	TRAIL MIX	1 CUP	160	10	16.00
FOOD.COM	BREADS	SQUAW BREAD	BREADS	1/2 CUP	80	16	5.00
FOOD.COM	MAIN DISHES	SPICED BUTTERNUT SQUASH STEW	STEW	1/2 CUP	80	5	16.00
FOOD.COM	SALAD	JEAN & JEFF'S BROCCOLI SALAD	SALAD	1 CUP	160	7	22.86
FOOD.COM	MAIN DISHES	CHEDDAR APPLE PIZZA	PIZZA	1/4 CUP	40	12	3.33
FOOD.COM	DESSERTS	NOODLE PUDDING W/APPLES	APPLES	1/2 CUP	80	11	7.27
FOOD.COM	DESSERTS	LEMONY GLAZED PINEAPPLE UPSIDE DOWN GINGERBREAD	CAKE	1/4 CUP	40	9	4.44
FOOD.COM	BREAKFAST	REGINA'S BOBK (COFFECAKE)	CAKE	1 CUP	160	9	17.78
FOOD.COM	SNACKS	BARS OF IRON	BARS	1/2 CUP	80	24	3.33
FOOD.COM	BREAKFAST	GEORGIA PECAN MUESLI	MUESLI	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	FRESH APPLE CAKE	CAKE	1 CUP	160	16	10.00
FOOD.COM	BREADS	EASY SODA BREAD	BREADS	1 CUP	160	20	8.00
FOOD.COM	COOKIES & SWEETS	HOLIDAY GUMDROP COOKIES	COOKIES	1/2 CUP	80	36	2.22
FOOD.COM	SIDE DISHES	ISRAELI COUSCOUS W/MINT & LEMON	COUSCOUS	1/3 CUP	53.33	6	8.89
FOOD.COM	SIDE DISHES	PANETTONE HOLIDAY DRESSING	STUFFING	1/2 CUP	80	8	10.00

FOOD.COM	BREAKFAST	BREAKFAST FRUIT CUP W/STRAWBERRIES	FRUIT CUP	1 TBLS	10	4	2.50
FOOD.COM	SIDE DISHES	BUTTERNUT SQUASH W/CUMIN COUSCOUS	COUSCOUS	1/3 CUP	53.33	7	7.62
FOOD.COM	SALAD	BUTTERNUT, ARGULA & PINE NUT SALAD	SALAD	1/3 CUP	53.33	4	13.33
FOOD.COM	MAIN DISHES	GREEN TOMATO MINCEMEAT	MINCEMEAT	1 1/4 CUPS	200	8	25.00
FOOD.COM	SALAD	ROMA-STYLE SPINACH	SPINACH	1/2 CUP	80	8	10.00
FOOD.COM	SNACKS	FRESH ORANGE YOGURT PARFAITS W/GRANOLA	GRANOLA	1/4 CUP	40	4	10.00
FOOD.COM	COOKIES & SWEETS	RUGELACH PINWHEELS	COOKIES	3/4 CUP	120	48	2.50
FOOD.COM	SALAD	APRICOT-CHICKEN RICE SALAD	SALAD	3/4 CUP	120	8	15.00
FOOD.COM	SIDE DISHES	GOURMET NOODLE KUGEL (BASE RECIPE & EXOTIC ADD INS)	KUGEL	1/2 CUP	80	10	8.00
FOOD.COM	DESSERTS	DAD'S SINGING HINNIE	SCONES	3/4 CUP	120	12	10.00
FOOD.COM	MAIN DISHES	PORK CHOPS W/APPLE GINGER CHUTNEY	PORK/CHUTNEY	1/8 CUP	20	5	4.00
FOOD.COM	COOKIES & SWEETS	EVERYTHING BUT THE KITCHEN SINK COOKIES II	COOKIES	1/2 CUP	80	96	0.83
FOOD.COM	MAIN DISHES	FRUGAL GOURMET'S CHICKEN TAGINE W/SEVEN VEGETABLES	CHICKEN	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	DANISH BLACKBERRY JAM CAKE	CAKE	3/4 CUP	120	7	17.14
FOOD.COM	MAIN DISHES	SAUERBRATEN W/POTATO DUMPLINGS & APPLESAUCE	BEEF/DUMPLINGS	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	CRANBERRY CHUTNEY	CHUTNEY	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	FRUIT COMPOTE	COMPOTE	1 1/3 CUP	213.33	9	23.70
FOOD.COM	DESSERTS	BOURBON-PECAN CAKE	CAKE	1 CUP	160	5	32.00
FOOD.COM	DESSERTS	CARIBBEAN BREAD PUDDING W/PINA COLADA SAUCE	BREADS	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	CIDER GLAZED CHICKEN & CABBAGE	CHICKEN	1/2 CUP	80	4	20.00
FOOD.COM	SIDE DISHES	PEACH-GINGER CHUTNEY IN THE CROCK POT	CHUTNEY	1 CUP	160	8	20.00
FOOD.COM	MAIN DISHES	APPLE/ORANGE HAM	HAM	1/3 CUP	53.33	6	8.89
FOOD.COM	DESSERTS	NO - BAKE CHERRY CHOCOLATE BISCUIT CAKE	CAKE	1/3 CUP	53.33	12	4.44
FOOD.COM	MAIN DISHES	CUBAN AHI W/BANANA-MANGO CHUTNEY	AHI/CHUTNEY	1/4 CUP	40	5	8.00
FOOD.COM	BREAKFAST	OLD FASHION CINNAMON ROLLS	ROLLS	1/2 CUP	80	24	3.33
FOOD.COM	SIDE DISHES	POMEGRANATE & PINE NUT PILAF	RICE	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	PEAR STRUDEL	STRUDEL	1/3 CUP	53.33	6	8.89
FOOD.COM	BREAKFAST	RAISIN PANCAKES W/TANGERINE SYRUP	PANCAKES	1/3 CUP	53.33	4	13.33
FOOD.COM	SALAD	SPINACH SAUTEED W/RAISINS & PINE NUTS	SPINACH	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	CALIFORNIA PEACH CHUTNEY	CHUTNEY	1/2 CUP	80	10	8.00
FOOD.COM	SIDE DISHES	VEGETARIAN WILD RICE PILAF	RICE	2/3 CUP	106.67	6	17.78
FOOD.COM	COOKIES & SWEETS	COWBOY COOKIES	COOKIES	1 CUP	160	72	2.22
FOOD.COM	SALAD	MARSHALL FIELD'S TARRAGON CHICKEN SALAD	SALAD	1/2 CUP	80	3.5	22.86
FOOD.COM	SIDE DISHES	PEACH CHUTNEY	CHUTNEY	1 1/2 CUPS	240	14	17.14
FOOD.COM	SIDE DISHES	BERYL & JACKIE'S BAKED BEANS	BEANS	2 TBLS	20	7	2.86
FOOD.COM	SALAD	WHEAT BERRY SALAD W/FRUIT & FETA	SALAD	1 CUP	160	9	17.78
FOOD.COM	DESSERTS	SWEET APPLE DESERT TAMALES	APPLES	1/4 CUP	40	9	4.44
FOOD.COM	BREAKFAST	SEMI-HOMEADE APPLE CINNAMON SWIRL BAKE	BUNS	1/2 CUP	80	9	8.89
FOOD.COM	DESSERTS	CALIFORNIA FIG FRUITCAKE	CAKE	1/2 CUP	80	30	2.67
FOOD.COM	DESSERTS	LEMON PULL APARTS	ROLLS	1/4 CUP	40	6	6.67
FOOD.COM	DESSERTS	OLD ENGLISH BEER CHEESECAKE	CAKE	1/2 CUP	80	10	8.00
FOOD.COM	MAIN DISHES	CHICKEN FRUIT LOW CALORIE FAT FREE DIET POULTRY	CHICKEN	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	SWEET POTATOES W/RAISINS & CINNAMON	YAMS	3 TBLS	30	3.5	8.57
FOOD.COM	COOKIES & SWEETS	BEST EVER ANZAC COOKIES	COOKIES	1/4 CUP	40	28	1.43
FOOD.COM	BREAKFAST	GOLDEN FRUIT & VEGETABLE MUFFINS	MUFFINS	1/3 CUP	53.33	11	4.85
FOOD.COM	SIDE DISHES	ARTICHOKE & FENNEL CAPONATA	CAPONATA	1/2 CUP	80	14	5.71
FOOD.COM	SIDE DISHES	WONDERFUL APRICOT-CRANBERRY CHUTNEY	CHUTNEY	1/2 CUP	80	8	10.00
FOOD.COM	SALAD	RADICCHIO FENNEL SLAW - RACHAEL RAY	SALAD	2 TBLS	20	4	5.00
FOOD.COM	DESSERTS	CREAM CHEESE APPLE OATMEAL BARS	BARS	1/2 CUP	80	18	4.44
FOOD.COM	COOKIES & SWEETS	FALL HARVEST OATMEAL RAISIN COOKIES	COOKIES	1 CUP	160	36	4.44
FOOD.COM	SNACKS	SWEET 'N CRUNCHY RAISIN NUT GRANOLA	GRANOLA	1 1/2 CUPS	240	7	34.29
FOOD.COM	SIDE DISHES	CHRISTMAS PEPPER CHUTNEY	CHUTNEY	1 CUP	160	4	40.00
FOOD.COM	DESSERTS	PERFECT SAND CAKE	CAKE	1/2 CUP	80	16	5.00
FOOD.COM	MAIN DISHES	PORK TENDERLOIN W/GLAZED SWEET ONIONS	PORK	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	HEALTHIER CARROT CAKE	CAKE	1 CUP	160	16	10.00
FOOD.COM	SALAD	RED & GREEN COLESLAW	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	WILTED SPINACH SALAD W/NUTS & CHEESE	SALAD	2 TBLS	20	1	20.00
FOOD.COM	SALAD	POLISH SAUSAGE W/HOT COLESLAW	SAUSAGE	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	MOM'S RICE PUDDING	PUDDING	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	APPLE-APPLE CAKE	CAKE	1/4 CUP	40	12	3.33
FOOD.COM	SALAD	SPINACH SALAD W/CHUTNEY DRESSING	Salad/CHUTNEY	1/2 CUP	80	9	8.89
FOOD.COM	SNACKS	JERSEY'S FRUIT & NUTS GRANOLA	GRANOLA	1 CUP	160	20	8.00
FOOD.COM	BREADS	POLISH EASTER BREAD	BREADS	1 CUP	160	20	8.00
FOOD.COM	MAIN DISHES	SUMMER CHICKEN SANDWICH	SANDWICHES	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	SOUR CRAM BABKA	CAKE	1 CUP	160	28	5.71
FOOD.COM	SNACKS	CHEWY TRAIL MIX - PAULA DEEN	TRAIL MIX	1/2 CUP	80	10	8.00
FOOD.COM	SNACKS	THE ROCKWOOD BAKERY'S PEANUT BUTTER GRANOLA (LESS SWEET)	GRANOLA	1/4 CUP	40	11	3.64
FOOD.COM	SALAD	CURRIED "CHICKEN" SALAD	SALAD	1/4 CUP	40	4	10.00
FOOD.COM	SALAD	BROCCOLI & CELERY STEW	STEW	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	CHICKADILLO	CHICKEN	3/4 CUP	120	4	30.00
FOOD.COM	DESSERTS	APPLE & DRIED-FRUIT SPICE PIE	PIE	2/3 CUP	106.67	12	8.89
FOOD.COM	MAIN DISHES	FRUIT & CHEESE SANDWICH SPREAD	SANDWICHES	1/4 CUP	40	33	1.21
FOOD.COM	MAIN DISHES	SEA BASS W/MOROCCAN SALSA	BASS/SALSA	1/4 CUP	40	6	6.67
FOOD.COM	BREADS	BIRNBROT - SWISS PEAR BREAD	BREADS	1/4 CUP	40	12	3.33
FOOD.COM	SALAD	BROWN RICE SALAD	SALAD	1 CUP	160	8	20.00
FOOD.COM	SIDE DISHES	JEWELED CINNAMON COUSCOUS	COUSCOUS	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	LEMON CREAM CHEESE STRUDEL	STRUDEL	1/2 CUP	80	16	5.00
FOOD.COM	SIDE DISHES	ORANGE & PINE NUT WILD RICE	RICE	1 CUP	160	7	22.86
FOOD.COM	SALAD	BROWN RICE SALAD W/DATES & ORANGES	SALAD	1/2 CUP	80	4	20.00
FOOD.COM	SIDE DISHES	PUMPERNICKEL/RYE BREAD STUFFING W/APPLE, WALNUTS, & RAISINS	STUFFING	1 CUP	160	10	16.00
FOOD.COM	SALAD	HOUSTON'S COUSCOUS SALAD	SALAD	3/4 CUP	120	6	20.00
FOOD.COM	DESSERTS	CARROT RAISIN CAKE	CAKE	1 CUP	160	12	13.33
FOOD.COM	MAIN DISHES	CHICKEN BREASTS W/CURRIED APPLE STUFFING	CHICKEN/STUFFING	1/4 CUP	40	4	10.00
FOOD.COM	BREAKFAST	ASHKENAZIC SOUR CREAM COFFEE CAKE (SMETENEH KITCHEN)	CAKE	1/2 CUP	80	9	8.89
FOOD.COM	BREADS	APPLE GINGERBREAD	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	BREAKFAST	MORNING GLORY MUFFIN BREAD	BREADS	1 CUP	160	12	13.33
FOOD.COM	SALAD	CREAMY APPLE PECAN SALAD	SALAD	1/4 CUP	40	8	5.00
FOOD.COM	BREADS	BABCI'S BABKA	BREADS	1/3 CUP	53.33	16	3.33
FOOD.COM	DESSERTS	CRANBERRY FRUITCAKE	CAKE	1 1/2 CUPS	240	24	10.00
FOOD.COM	MAIN DISHES	CURRIED CHICKEN	CHICKEN	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	NOUGAT W/ALMONDS & HAZELNUTS	NOUGAT	2 OZ	56.6	16	3.54
FOOD.COM	MAIN DISHES	TUNISIAN BEEF PINWHEELS	BEEF	2/3 CUP	106.67	5	21.33
FOOD.COM	MAIN DISHES	QUICK CURRIED CHOPS & FRUITY RELISH	PORK/RELISH	1/2 CUP	80	4	20.00
FOOD.COM	SIDE DISHES	GREEN TOMATO CHUTNEY	CHUTNEY	1 CUP	160	14	11.43
FOOD.COM	SIDE DISHES	CRANBERRY-APRICOT CHUTNEY	CHUTNEY	1/3 CUP	53.33	14	3.81
FOOD.COM	SALAD	CARROT & APPLE SLAW	SALAD	1/3 CUP	53.33	4	13.33
FOOD.COM	SALAD	ORANGE BLOSSOM CARROT SALAD	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	MAIN DISHES	POLLO AGRODOLCE (VENETIAN SWEET-AND-SOUR CHICKEN)	CHICKEN	1/4 CUP	40	4	10.00
FOOD.COM	BREAKFAST	BREAKFAST BARS	BARS	1 CUP	160	13.5	11.85
FOOD.COM	BREAKFAST	COFFEE-CAKE MUFFINS	MUFFINS	3/4 CUP	120	12	10.00
FOOD.COM	MAIN DISHES	COLORFUL CHICKEN CROISSANTS	CHICKEN	1/4 CUP	40	4	10.00
FOOD.COM	MAIN DISHES	LAMB SHANKS W/FRUITED COUSCOUS	LAMB	4 OZ	113.2	8	14.15
FOOD.COM	SALAD	MOROCCAN EGGPLANT (AUBERGINE) SALAD II	SALAD	2 TBLS	20	7	2.86
FOOD.COM	DESSERTS	DEEP DISH APPLE-RAISIN PIE	PIE	1/2 CUP	80	8	10.00
FOOD.COM	SIDE DISHES	RICE A LA HIPPIE	RICE	2 TBLS	20	7	2.86
FOOD.COM	COOKIES & SWEETS	RAW SUGAR RAISIN COOKIES	COOKIES	1 CUP	160	32	5.00
FOOD.COM	SALAD	SCREECHING BLACK CAT SALAD	SALAD	1/4 CUP	40	5	8.00
FOOD.COM	BREAKFAST	KASHA BREAKFAST PUDDING	PUDDING	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	ORANGE-BEET CAKE	CAKE	1/3 CUP	53.33	16	3.33

FOOD.COM	BREAKFAST	BROWN SUGAR VANILLA RAISIN (OR NUT) SYRUP	SYRUP	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	LEVAIN BAKERY OATMEAL RAISIN SCONES	SCONES	1 CUP	160	12	13.33
FOOD.COM	SIDE DISHES	GLAZED CARROTS W/PECAN, APRICOT, & RAISIN SAUCE	CARROTS/SAUCE	1/2 CUP	80	7	11.43
FOOD.COM	DESSERTS	FRUIT & CARROT CAKE	CAKE	1/3 CUP	53.33	16	3.33
FOOD.COM	BREAKFAST	BANANA RAISIN OATMEAL PANCAKES	PANCAKES	1 CUP	160	12	13.33
FOOD.COM	BREADS	YULE"KAKE" - NORWEGIAN CHRISTMAS BREAD	CAKE	1 1/2 CUPS	240	27	8.89
FOOD.COM	DESSERTS	PEAR GINGER CRISP	CRISP	1/2 CUP	80	5	16.00
FOOD.COM	SALAD	BROCCOLI PASTA SALAD	SALAD	3/4 CUP	120	12	10.00
FOOD.COM	MAIN DISHES	CHICKEN & STRAWBERRIES OVER MIXED GREENS	CHICKEN	2 TBLS	20	4	5.00
FOOD.COM	SIDE DISHES	CURRY RICE INDIENNE W/RAISINS & ALMONDS	RICE	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	SEVEN SPICE RICE PILAF	RICE	1/4 CUP	40	5	8.00
FOOD.COM	BREADS	HEALTHY ZUCCHINI BREAD	BREADS	1/2 CUP	80	18	4.44
FOOD.COM	DESSERTS	MEXICAN BREAD PUDDING W/AMARETTO SAUCE	BREADS	3/4 CUP	120	10	12.00
FOOD.COM	MAIN DISHES	KOTOPITA (CHICKEN PHYLLO PIE)	CHICKEN	1/2 CUP	80	9	8.89
FOOD.COM	DESSERTS	NO-BAKE RUM-RAISIN BALLS	BALLS	2/3 CUP	106.67	36	2.96
FOOD.COM	SALAD	JICAMA & ASIAN PEAR SALAD	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	COOKIES & SWEETS	HEALTHIER SPICE COOKIES	COOKIES	1 CUP	160	36	4.44
FOOD.COM	BREADS	V'S MANGO BREAD	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	BREAKFAST	RUM & ORANGE FLAPJACKS	PANCAKES	3 1/2 OZ	99.05	11	9.00
FOOD.COM	DESSERTS	DECADENT HONEY SPONGE CAKE	CAKE	1/2 CUP	80	16	5.00
FOOD.COM	BREAKFAST	BANANA WALNUT MUFFINS	MUFFINS	1/3 CUP	53.33	12	4.44
FOOD.COM	SIDE DISHES	MANGO CHUTNEY CHEESE BALL	CHUTNEY	1 CUP	160	6	26.67
FOOD.COM	MAIN DISHES	SAUSAGE W/SPINACH (WW & CROCKPOT)	SAUSAGE/SPINACH	1/2 CUP	80	6	13.33
FOOD.COM	BREAKFAST	FRUIT & NUT OATMEAL	OATMEAL	1/8 CUP	20	4	5.00
FOOD.COM	DESSERTS	WALNUT UPSIDE DOWN CAKE	CAKE	2/3 CUP	106.67	9	11.85
FOOD.COM	SALAD	BIG HIT BROCCOLI SALAD	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	BREAKFAST	ABSOLUTELY BEST HEALTHY PANCAKES	PANCAKES	3/4 CUP	120	7	17.14
FOOD.COM	DESSERTS	TEA FRUITCAKE RECIPE COURTESY OF LYNN KEARNEY	CAKE	1 CUP	160	24	6.67
FOOD.COM	SIDE DISHES	CHUNKY ORANGE CRANBERRY SAUCE	SAUCE	1/4 CUP	40	20	2.00
FOOD.COM	DESSERTS	PAULA DEEN'S APPLESTRUDEL	STUDEL	1/2 CUP	80	8	10.00
FOOD.COM	SALAD	SWEET & CRUNCHY CHICKEN-BROCCOLI SLAW	SALAD	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	AARSI'S ULTIMATE SOOJI HALWA	CAKE	1/4 CUP	40	6	6.67
FOOD.COM	SNACKS	QUAKER HOMEMADE OAT TREATS	BARS	1 CUP	160	30	5.33
FOOD.COM	DESSERTS	CRANBERRY CORNMEAL CAKE	CAKE	1/2 CUP	80	11	7.27
FOOD.COM	BREAKFAST	APPLE HARVEST DANISH	DANISH	1/2 CUP	80	35	2.29
FOOD.COM	BREAKFAST	EPIC CINNAMON BUNS	BUNS	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	WARM APPLE RAISIN CRISP W/CRUMB TOPPING	CRISP	1 CUP	160	9	17.78
FOOD.COM	DESSERTS	CARROT CAKE	CAKE	3/4 CUP	120	10	12.00
FOOD.COM	MAIN DISHES	VINCENT PRICE STUFFED SMOKED HAM	HAM	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	EVERYDAY FOODS' LIGHTENED RICE PUDDING	PUDDING	1/2 CUP	80	8	10.00
FOOD.COM	SIDE DISHES	MOROCCAN SALSA	SALSA	1/4 CUP	40	6	6.67
FOOD.COM	SALAD	TEXAS COLESLAW	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	UKRAINIAN POPPY SEED ROLL	ROLLS	3/4 CUP	120	12	10.00
FOOD.COM	DESSERTS	WHITE FRUITCAKE	CAKE	2 1/2 CUPS	400	24	16.67
FOOD.COM	BREADS	MANGO TEA BREAD	BREADS	1 CUP	160	12	13.33
FOOD.COM	SIDE DISHES	CURRIED RICE PILAF	RICE	1/2 CUP	80	4	20.00
FOOD.COM	COOKIES & SWEETS	MOTHER'S COOKIES	COOKIES	3/4 CUP	120	36	3.33
FOOD.COM	DESSERTS	ORANGE CARROT CAKE W/ORANGE CREAM CHEESE FROSTING	CAKE	1 CUP	160	16	10.00
FOOD.COM	SALAD	HARVEST WILD RICE SALAD	SALAD	1/3 CUP	53.33	6	8.89
FOOD.COM	MAIN DISHES	SICILIAN STUFFED EGGPLANT	EGGPLANT	1/2 CUP	80	4	20.00
FOOD.COM	BREADS	FIG & RAISIN BREAD PUDDING	BREADS	1 CUP	160	8	20.00
FOOD.COM	MAIN DISHES	SICILIAN LEMON CHICKEN W/RAISIN-TOMATO SAUCE	CHICKEN/SAUCE	3/4 CUP	120	4	30.00
FOOD.COM	SALAD	APPLE & WALNUT SALAD - TAPAS	SALAD	3 TBLS	30	3	10.00
FOOD.COM	MAIN DISHES	CABBAGE PORK BUNS	PORK	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	TURKEY CUTLET ON CIABATTA W/RAISIN & ONION MARMALADE	TURKEY/MARMALADE	1/4 CUP	40	5	8.00
FOOD.COM	DESSERTS	TWICE BAKED LADY APPLES W/BRIE, RAISINS & DATES	APPLES	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	FRUITED HOLIDAY CHEESE LOGS	CHEESE	1/3 CUP	53.33	32	1.67
FOOD.COM	MAIN DISHES	MOROCCAN CHILI W/10,000 GRAINS OF SAND (COUSCOUS)	CHILI/COUSCOUS	1/3 CUP	53.33	4	13.33
FOOD.COM	SALAD	MARINATED BEET SALAD	SALAD	1 CUP	160	12	13.33
FOOD.COM	MAIN DISHES	LADY LUNCH CHICKEN BUNDLES	CHICKEN	1/2 CUP	80	4	20.00
FOOD.COM	SIDE DISHES	FLUFFY COUSCOUS	COUSCOUS	1/2 CUP	80	6	13.33
FOOD.COM	COOKIES & SWEETS	INDULGENT RAISIN & KAHLUA CHEESECAKE	CAKE	1 CUP	160	12	13.33
FOOD.COM	SALAD	TURKEY & APPLE SALAD (WW)	SALAD	1/2 CUP	80	4	20.00
FOOD.COM	MAIN DISHES	PORK PICADILLO EMPANADAS W/CHIPOTLE SALSA	PORK/SALSA	1/2 CUP	80	24	3.33
FOOD.COM	SALAD	FRUITILICIOUS RICE SALAD	SALAD	1/3 CUP	53.33	2.5	21.33
FOOD.COM	BREAKFAST	CHUNKY CHOCOLATE BREAKFAST COOKIES	COOKIES	1/2 CUP	80	24	3.33
FOOD.COM	MAIN DISHES	ROMAN SPINACH CHICKEN W/ORZO	CHICKEN	2 TBLS	20	6	3.33
FOOD.COM	DESSERTS	BAKED STUFFED APPLES	APPLES	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	APPLE CRANBERRY CHUTNEY	CHUTNEY	1/2 CUP	80	16	5.00
FOOD.COM	MAIN DISHES	LINDY'S STUFFED PORK CHOPS	PORK	2 TBLS	20	4	5.00
FOOD.COM	SALAD	ST PAT'S DAY BROCCOLI SALAD	SALAD	1/2 CUP	80	9	8.89
FOOD.COM	SIDE DISHES	SPICY LENTIL RICE PILAF	RICE	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	DIANA'S PLUM PUDDING (PLUM PUDDING OF INFAMY)	PUDDING	2 CUPS	320	9	35.56
FOOD.COM	SALAD	TANGY BROCCOLI SALAD	SALAD	1 CUP	160	8	20.00
FOOD.COM	MAIN DISHES	TURKEY TACOS	TACOS	1/4 CUP	40	5	8.00
FOOD.COM	SALAD	CURRIED CHICKEN SALAD W/RAISINS & HONEY	CHICKEN	6 TBLS	60	6	10.00
FOOD.COM	DESSERTS	YAM STREUSEL COFFEE CAKE	CAKE	1 CUP	160	14	11.43
FOOD.COM	DESSERTS	APPLE JELLY COMPOTE	COMPOTE	1/2 CUP	80	4	20.00
FOOD.COM	MAIN DISHES	MOROCCAN CHICKEN PIE	CHICKEN	1/3 CUP	53.33	8	6.67
FOOD.COM	DESSERTS	DREW'S LIGHT FRUITCAKE	CAKE	1 1/2 CUPS	240	32	7.50
FOOD.COM	BREAKFAST	ABSOLUTE BEST OVERNIGHT BAKED OATMEAL	OATMEAL	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	PLUM CHUTNEY	CHUTNEY	1 CUP	160	16	10.00
FOOD.COM	SALAD	APPLE PECAN SALAD W/CRANBERRY VINAIGRETTE	SALAD	1 TBLS	10	5	2.00
FOOD.COM	COOKIES & SWEETS	CARROT COOKIES	COOKIES	1 CUP	160	36	4.44
FOOD.COM	BREAKFAST	GOLDILOCK'S PORRIDGE	OATMEAL	1/4 CUP	40	3	13.33
FOOD.COM	DESSERTS	HOOT 'N HOLLER WHISKEY CAKE	CAKE	16 OZ	452.8	10	45.28
FOOD.COM	DESSERTS	MAPLE PECAN CUSTARD	CUSTARD	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	ASIAN CHICKEN SALAD W/GLAZED PECANS	SALAD	1 TBLS	10	2	5.00
FOOD.COM	BREADS	APPLE BUTTER BREAD	BREADS	1/2 CUP	80	8	10.00
FOOD.COM	BREAKFAST	HIGH FIBER LOW CALORIE BRAN MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	BREAKFAST	WINTER SQUASH SPICE MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	MAIN DISHES	KUMQUAT CURRY W/SHRIMP	SHRIMP	2 TBLS	20	4	5.00
FOOD.COM	BREADS	MANGO BREAD	BREADS	3/4 CUP	120	24	5.00
FOOD.COM	MAIN DISHES	GREEK CHICKEN W/CAPERS, RAISINS & FETA	CHICKEN	1/3 CUP	53.33	4	13.33
FOOD.COM	SIDE DISHES	FRUITY BARLEY PILAF	RICE	1/2 CUP	80	5	16.00
FOOD.COM	SIDE DISHES	SWEET POTATOES W/RUM	SWEET POTATO	1/2 CUP	80	8	10.00
FOOD.COM	SNACKS	STARBUCKS CHEWY FRUIT & NUT BARS	BARS	1/2 CUP	80	18	4.44
FOOD.COM	SNACKS	MOLASSES-PEANUT GRANOLA	GRANOLA	1 CUP	160	7	22.86
FOOD.COM	SIDE DISHES	BAKED BEANS	BEANS	1/4 CUP	40	4	10.00
FOOD.COM	SNACKS	SPICY CHICKPEA SNACK MIX	SNACKS	1 CUP	160	7	22.86
FOOD.COM	BREAKFAST	WHOLE GRAIN RAISIN MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	FAMOUS DAVE'S BREAD PUDDING	BREADS	2/3 CUP	106.67	10	10.67
FOOD.COM	SALAD	OH-SO-EASY FRUIT SALAD W/A CRUNCH	SALAD	1 CUP	160	6	26.67
FOOD.COM	MAIN DISHES	HAWAIIAN APPLIED PORK CHOPS W/CARROTS	PORK/CARROTS	1/2 CUP	80	5	16.00
FOOD.COM	SIDE DISHES	TOMATO PEACH CHUTNEY	CHUTNEY	1/2 CUP	80	20	4.00
FOOD.COM	MAIN DISHES	SHRIMP VINDALOO	SHRIMP	2 TBLS	20	4	5.00
FOOD.COM	SIDE DISHES	CURRIED VEGETABLES & COUSCOUS	COUSCOUS	1/3 CUP	53.33	7	7.62
FOOD.COM	BREAKFAST	SPEEDY GINGERBREAD OATMEAL	OATMEAL	1/4 CUP	40	1	40.00
FOOD.COM	SIDE DISHES	HOT ORANGE CHUTNEY	CHUTNEY	3/4 CUP	120	12	10.00

FOOD.COM	BREADS	BREAD MACHINE CINNAMON-WALNUT-RAISIN BUNS	BUNS	3/4 CUP	120	12	10.00
FOOD.COM	DESSERTS	ITALIAN DESSERT	CAKE	1 CUP	160	10	16.00
FOOD.COM	SALAD	TUNISIAN GLAZED CHICKPEA-AND-CARROT SALAD	SALAD	2 TBLS	20	6	3.33
FOOD.COM	DESSERTS	PEANUT BUTTER RICE PUDDING	PUDDING	1/2 CUP	80	5.5	14.55
FOOD.COM	BREADS	HONEY - SWEET POTATO (OR PUMPKIN) BREAD	BREADS	1/2 CUP	80	24	3.33
FOOD.COM	SIDE DISHES	SWEET-AND-SOUR CAULIFLOWER	CAULIFLOWER	3 TBLS	30	4	7.50
FOOD.COM	DESSERTS	APPLESAUCE SOUR CREAM POUND CAKE	CAKE	1 CUP	160	13	12.31
FOOD.COM	BREAKFAST	MUESLI	MUESLI	1 CUP	160	7	22.86
FOOD.COM	SIDE DISHES	INDONESIAN HONEY BAKED BEANS	BEANS	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	OLD FASHIONED APPLE-RAISIN CRUNCH A LA MODE	APPLES	1/2 CUP	80	7	11.43
FOOD.COM	BREADS	GERMAN STOLLEN	BREADS	1/2 CUP	80	24	3.33
FOOD.COM	SALAD	BROCCOLI RAISIN CAULIFLOWER SALAD	SALAD	1/2 CUP	80	10	8.00
FOOD.COM	SALAD	RAW BROCCOLI & CAULIFLOWER SALAD	SALAD	1/2 CUP	80	20	4.00
FOOD.COM	SNACKS	CAM'S GRANOLA	GRANOLA	1/2 CUP	80	11	7.27
FOOD.COM	MAIN DISHES	SPAGHETTI PUTTANESCA	SPAGHETTI	1/4 CUP	40	4	10.00
FOOD.COM	MAIN DISHES	MIDDLE EASTERN SLOW-COOKED STEW W/LAMB, CHICKPEAS, & FIGS	LAMB	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	LEMON CREAM SCONES	SCONES	3/4 CUP	120	12	10.00
FOOD.COM	SIDE DISHES	BASMATI RICE W/NUTS & SPICES	RICE	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	SPIKED FRUIT CUP	FRUIT	1 CUP	160	80	2.00
FOOD.COM	DESSERTS	A & P SPANISH CAKE	CAKE	1/4 CUP	40	12	3.33
FOOD.COM	MAIN DISHES	BLACKENED SALMON W/BROCCOLI	SALMON/BROCCOLI	1/4 CUP	40	4	10.00
FOOD.COM	BREAKFAST	APRICOT ALMOND MUESLI	MUESLI	1/3 CUP	53.33	8	6.67
FOOD.COM	DESSERTS	BUTTERMILK DROP SCONES	SCONES	1/2 CUP	80	9	8.89
FOOD.COM	DESSERTS	MINI MAPLE PECAN TARTS	TARTS	1/3 CUP	53.33	12	4.44
FOOD.COM	MAIN DISHES	REAL STUFFED BELL PEPPERS (OR STUFFED CABBAGE)	PEPPERS	1/2 CUP	80	4.5	17.78
FOOD.COM	SIDE DISHES	APRICOT CHUTNEY	CHUTNEY	2/3 CUP	106.67	6	17.78
FOOD.COM	BREAKFAST	ULTIMATE DECADENT MUFFINS	MUFFINS	1 CUP	160	20	8.00
FOOD.COM	MAIN DISHES	INDIAN MOGHUL CHICKEN BIRYANI	CHICKEN	2 TBLS	20	7	2.86
FOOD.COM	DESSERTS	APPLE NOODLE KUGEL	APPLES	1 CUP	160	18	8.89
FOOD.COM	DESSERTS	APPLES W/KAHLUA DIP	APPLES	1/2 CUP	80	6	13.33
FOOD.COM	BREAKFAST	TRUE BREAKFAST COOKIES	COOKIES	1 1/4 CUPS	200	36	5.56
FOOD.COM	MAIN DISHES	MEDITERRANEAN PORK CHOPS	PORK	1 CUP	160	4	40.00
FOOD.COM	SALAD	WHEAT BERRY SALAD	SALAD	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	GOLDEN CARROT TZIMMES	CARROTS	1/2 CUP	80	5	16.00
FOOD.COM	SIDE DISHES	LEMONY APPLE CHICKEN COUSCOUS	CHICKEN/COUSCOUS	1/2 CUP	80	3	26.67
FOOD.COM	DESSERTS	SWEET NOODLE KUGEL	KUGEL	3/4 CUP	120	12	10.00
FOOD.COM	DESSERTS	WINTER FRUIT DEEP-DISH PIE	PIE	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	LOW FAT PINEAPPLE CARROT CAKE	CAKE	1/2 CUP	80	20	4.00
FOOD.COM	SNACKS	ON THE GO SNACK MIX	SNACKS	1/3 CUP	53.33	7	7.62
FOOD.COM	MAIN DISHES	A-1 BOMBAY CHICKEN	CHICKEN	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	FRUITCAKE	CAKE	2 CUPS	320	12	26.67
FOOD.COM	MAIN DISHES	LEEK "Y" CHICKEN & COUSCOUS	CHICKEN/COUSCOUS	1/4 CUP	40	4	10.00
FOOD.COM	MAIN DISHES	CHICKEN IN A CASHEW SAUCE	CHICKEN	2 TBLS	20	4	5.00
FOOD.COM	DESSERTS	PERSIMMON STEAMED ENGLISH PUDDING	BREADS	1/4 CUP	40	12	3.33
FOOD.COM	BREADS	AUSTRALIAN BREAD & BUTTER CUSTARD	BREADS	1/2 CUP	80	5	16.00
FOOD.COM	DESSERTS	SUGARPLUMS	FRUIT	1/4 CUP	40	20	2.00
FOOD.COM	BREADS	EGGLESS BANANA BREAD	BREADS	1 CUP	160	6	26.67
FOOD.COM	SALAD	TODD'S BROCCOLI SALAD	SALAD	1/4 CUP	40	5	8.00
FOOD.COM	SALAD	CURRIED PASTA SALAD	SALAD	3/4 CUP	120	9	13.33
FOOD.COM	DESSERTS	APPLE KUGEL, PASSOVER	KUGEL	1/2 CUP	80	9	8.89
FOOD.COM	SNACKS	CHEWY SEED SNACKS	SNACKS	1 CUP	160	36	4.44
FOOD.COM	BREADS	DUTCH PAASBROOD	BREADS	1 CUP	160	12	13.33
FOOD.COM	MAIN DISHES	MOROCCAN VEGETABLE STEW	STEW	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	APPLE MATZO KUGEL	KUGEL	1/2 CUP	80	7	11.43
FOOD.COM	SALAD	CRISPY PORK SALAD (EASY FIX W/FAMILY-FRIENDLY OPTIONS)	SALAD	2 TBLS	20	4	5.00
FOOD.COM	MAIN DISHES	RICH LAMB CURRY	LAMB	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	FRUIT, NUT, & CHICKEN SALAD W/CURRIED MAYO DRESSING	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	DESSERTS	CARROT CAKE SCONES	SCONES	1/2 CUP	80	12	6.67
FOOD.COM	SALAD	SWEET WALDORF SALAD	SALAD	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	CLAY POT NORTH AFRICAN POT ROAST	BEEF	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	BROCCOLI SALAD	SALAD	1 CUP	160	10	16.00
FOOD.COM	DESSERTS	SALADOOHA (RUSSIAN DRIED FRUIT PUDDING)	PUDDING	1 CUP	160	14	11.43
FOOD.COM	MAIN DISHES	GRILLED STEAK SANDWICH W/POBLANO CRANBERRY CHUTNEY	BEEF/CHUTNEY	2 TBLS	20	4	5.00
FOOD.COM	DESSERTS	FRUIT FUDGE CAKE SQUARES - NO BAKE	CAKE	1/2 CUP	80	16	5.00
FOOD.COM	SALAD	LIGHT WALDORF SALAD	SALAD	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	SPICED COUSCOUS W/CANTALOPE	COUSCOUS	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	SAFFRON SWEET RICE - ZARDAS PULLAO	RICE	1/8 CUP	20	4	5.00
FOOD.COM	MAIN DISHES	SCALLOPS W/CARMELIZED CAULIFLOWER & CAPER-RAISIN EMULSION	SCALLOPS	1/3 CUP	53.33	2	26.67
FOOD.COM	MAIN DISHES	CHICKEN IN GREEN MASALA SAUCE	CHICKEN	1 OZ	28.3	4	7.08
FOOD.COM	SIDE DISHES	GRATED CARROTS W/CUMIN-ORANGE DRESSING	CARROTS	1/4 CUP	40	6	6.67
FOOD.COM	DESSERTS	WEST INDIAN BREAD PUDDING	BREADS	1/3 CUP	53.33	9	5.93
FOOD.COM	BREAKFAST	POWER MUFFINS	MUFFINS	1/4 CUP	40	12	3.33
FOOD.COM	SALAD	DELICIOUS BROCCOLI SALAD	SALAD	1 CUP	160	12	13.33
FOOD.COM	MAIN DISHES	HAM RELISH FOR TEA SANDWICHES	SANDWICHES	1/3 CUP	53.33	4	13.33
FOOD.COM	SNACKS	GO NUTS GRANOLA	GRANOLA	1/2 CUP	80	17.5	4.57
FOOD.COM	COOKIES & SWEETS	ICED OATMEAL APPLESAUCE COOKIES	COOKIES	1 CUP	160	30	5.33
FOOD.COM	DESSERTS	ZUCCHINI RAISIN SPICE CAKE	CAKE	1 CUP	160	12	13.33
FOOD.COM	SALAD	BROCCOLI SALAD	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	COOKIES & SWEETS	COCONUT MACADAMIA NUT COOKIES	COOKIES	1/3 CUP	53.33	30	1.78
FOOD.COM	MAIN DISHES	GREEK BEEF STEW	STEW	1/4 CUP	40	4	10.00
FOOD.COM	BREADS	GREEK CHRISTMAS BREAD	BREADS	1/3 CUP	53.33	12	4.44
FOOD.COM	MAIN DISHES	EPICUREAN PORK PLATTER	PORK	1/2 CUP	80	6	13.33
FOOD.COM	SALAD	CARROT RAISIN SALAD	SALAD	2 TBLS	20	4	5.00
FOOD.COM	BREADS	BETTER THAN BANANA BREAD	BREADS	1/4 CUP	40	11	3.64
FOOD.COM	SALAD	CARROT-WALNUT SALAD	SALAD	1/3 CUP	53.33	4	13.33
FOOD.COM	SALAD	CARROT SALAD W/CINNAMON, LEMON & HONEY	SALAD	2 OZ	56.6	4	14.15
FOOD.COM	MAIN DISHES	TURKEY MOLE STEW	STEW	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	STUFFED PORK CHOPS	PORK	2 TBLS	20	5	4.00
FOOD.COM	MAIN DISHES	WW 6 POINTS - POLLO BORRACHO (DRUNKEN CHICKEN)	CHICKEN	1/4 CUP	40	4	10.00
FOOD.COM	BREADS	RAISIN MONKEY BREAD	BREADS	1/2 CUP	80	14	5.71
FOOD.COM	SIDE DISHES	ULTIMATE BREAD TURKEY STUFFING	STUFFING	1 CUP	160	12	13.33
FOOD.COM	SIDE DISHES	QUINOA PILAF W/DRYED FRUIT & PECANS	RICE	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	SWEET RAISIN NUT BREAD (FOR BREAD MACHINES)	BREADS	1/3 CUP	53.33	12	4.44
FOOD.COM	DESSERTS	PORTER CAKE	CAKE	3 CUPS	480	16	30.00
FOOD.COM	SIDE DISHES	CINNAMON BASMATI RICE W/RAISINS	RICE	3/4 CUP	120	4	30.00
FOOD.COM	MAIN DISHES	TEA BISCUIT WRAPPED CHICKEN PIE	CHICKEN	2 TBLS	20	5	4.00
FOOD.COM	DESSERTS	INDIAN RICE PUDDING W/CARDAMOM	PUDDING	2 TSPS	10	4	2.50
FOOD.COM	DESSERTS	FRESH APPLE POUND CAKE	CAKE	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	FRAGRANT BAKED RICE PUDDING	PUDDING	1/4 CUP	40	7	5.71
FOOD.COM	BREAKFAST	APPLE COFFEE CAKE	CAKE	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	BARBECUED BAKED BEANS	BEANS	1/3 CUP	53.33	7	7.62
FOOD.COM	BREADS	SWEDISH CARDAMOM BREAD	BREADS	2/3 CUP	106.67	16	6.67
FOOD.COM	DESSERTS	DUTCH APPLE PIE CONES	PIE	1/4 CUP	40	8	5.00
FOOD.COM	SIDE DISHES	BARLEY PILAF W/FRUITS & NUTS	RICE	1 TBLS	10	2	5.00
FOOD.COM	SIDE DISHES	THANKSGIVING BRUSSELS SPROUTS	BRUSSELS SPROUTS	1/2 CUP	80	8	10.00
FOOD.COM	BREAKFAST	PUMPKIN SPICE MUFFINS	MUFFINS	1 1/2 CUPS	240	20	12.00
FOOD.COM	BREAKFAST	APPLE GINGER MUFFINS	MUFFINS	1/4 CUP	40	12	3.33
FOOD.COM	DESSERTS	TO-DIE-FOR NUTLESS CARROT CAKE	CAKE	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	SUN-MAID OLD-FASHIONED CREAMY RICE PUDDING	PUDDING	1/2 CUP	80	4.5	17.78

FOOD.COM	BREADS	APPLE W/GINGERBREAD	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	MAIN DISHES	PORK TENDERLOIN W/CIDER GLAZE	PORK	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	INDIAN STYLE VEGETABLES & RICE	RICE	1/3 CUP	53.33	4	13.33
FOOD.COM	SALAD	FUSILLI PASTA SALAD	SALAD	1 1/4 CUPS	200	11	18.18
FOOD.COM	DESSERTS	CHOCOLATE FRUITCAKE	CAKE	3 CUPS	480	12	40.00
FOOD.COM	MAIN DISHES	HONEY DIJON BAKED CHICKEN	CHICKEN	2 TBLS	20	4	5.00
FOOD.COM	DESSERTS	BANANA LIME CAKE	CAKE	2/3 CUP	106.67	10	10.67
FOOD.COM	DESSERTS	APPLE PECAN CARROT SQUARES	BARS	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	INDIAN ICE CREAM (KULFI)	ICE CREAM	1/2 CUP	80	5	16.00
FOOD.COM	DESSERTS	BREAD PUDDING	BREADS	1/4 CUP	40	6	6.67
FOOD.COM	SIDE DISHES	TOMATO CHUTNEY	CHUTNEY	1/3 CUP	53.33	8	6.67
FOOD.COM	MAIN DISHES	SKILLET PORK CHOPS & RICE	PORK/RICE	1/3 CUP	53.33	4	13.33
FOOD.COM	MAIN DISHES	MOROCCAN SUMMER VEGETABLE & SAUSAGE STEW	STEW	1/3 CUP	53.33	8	6.67
FOOD.COM	BREADS	CHAMOMILE RAISIN BREAD	BREADS	2/3 CUP	106.67	12	8.89
FOOD.COM	SIDE DISHES	GINGER NECTARINE SALSA	SALSA	1/4 CUP	40	20	2.00
FOOD.COM	BREADS	SARABETH'S BAKERY PUMPKIN MUFFINS	MUFFINS	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	PUMPKIN BREAD PUDDING W/CARAMEL SAUCE	BREADS	1/3 CUP	53.33	12	4.44
FOOD.COM	COOKIES & SWEETS	BESSIE'S TAGLICH (OR TAYGLACH)	COOKIES	1/2 CUP	80	55	1.45
FOOD.COM	DESSERTS	EXOTIC RICE PUDDING (FOR ONE)	PUDDING	1 TBLS	10	1	10.00
FOOD.COM	DESSERTS	SPICED WALNUT CARROT-CAKE W/PINEAPPLE	CAKE	1 CUP	160	12	13.33
FOOD.COM	MAIN DISHES	PERFUMED RICE W/LAMB & LENTILS	LAMB	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	RUGELACH	COOKIES	1/2 CUP	80	48	1.67
FOOD.COM	DESSERTS	RUSSIAN CHEESECAKE	CAKE	1 CUP	160	16	10.00
FOOD.COM	DESSERTS	CHOCOLATE RICE PUDDING PARFAIT W/GIANDUJA WHIPPED CREAM	PUDDING	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	BOLOGNESE RICE CAKE	CAKE	1/3 CUP	53.33	10	5.33
FOOD.COM	BREAKFAST	ORANGE COFFEE CAKE	CAKE	1 CUP	160	12	13.33
FOOD.COM	BREAKFAST	FRUIT & BRAN MUFFINS	MUFFINS	1/3 CUP	53.33	12	4.44
FOOD.COM	SALAD	GREEK LAMB SALAD W/A CREAMY YOGURT DRESSING	SALAD	1/8 CUP	20	4	5.00
FOOD.COM	SALAD	CRUNCHY FRUIT & TURKEY SALAD (4 POINTS)	SALAD	1/4 CUP	40	4	10.00
FOOD.COM	BREAKFAST	SOAKED OATMEAL FOR BREAKFAST	OATMEAL	1 CUP	160	10	16.00
FOOD.COM	MAIN DISHES	RACK OF LAMB W/FRUIT STUFFING & SAUCE	LAMB/STUFFING	1/4 CUP	40	2.5	16.00
FOOD.COM	SNACKS	GRANOLA (EEEKOOLS.COM)	GRANOLA	1/4 CUP	40	4	10.00
FOOD.COM	MAIN DISHES	CAST-IRON SKILLET CHICKEN SICILIAN STYLE	CHICKEN	1 OZ	28.3	4	7.08
FOOD.COM	COOKIES & SWEETS	SPICED OATMEAL RAISIN-NUT COOKIES	COOKIES	1 CUP	160	36	4.44
FOOD.COM	MAIN DISHES	BREAST OF CHICKEN W/APPLE & MEAD SAUCE	CHICKEN/SAUCE	5 TBLS	50	6	8.33
FOOD.COM	BREADS	CRAZY GOOD CRANBERRY BREAD	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	SIDE DISHES	RICE PILAF - ALTON BROWN	RICE	1/4 CUP	40	12	3.33
FOOD.COM	BREAKFAST	GOLDEN PANCAKES	PANCAKES	1/4 CUP	40	10	4.00
FOOD.COM	DESSERTS	PEAR-MINCE PIE	PIE	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	GREEK CHICKEN & ORZO	CHICKEN	1/2 CUP	80	4	20.00
FOOD.COM	MAIN DISHES	GARLIC GREENS ON TOAST	SANDWICHES	1/4 CUP	40	6	6.67
FOOD.COM	MAIN DISHES	MOROCCAN SPICED CHICKEN STEW W/CARROTS	STEW	2 TBLS	20	2.5	8.00
FOOD.COM	MAIN DISHES	MOROCCAN CHICKEN W/PRUNES	CHICKEN	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	HONEY-APPLE KUGEL	KUGEL	2/3 CUP	106.67	9	11.85
FOOD.COM	DESSERTS	RICOTTA VANILLA BREAD PUDDING	PUDDING	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	FRUIT & RAISIN MEDLEY	FRUIT	8 OZ	226.4	12	18.87
FOOD.COM	DESSERTS	RANDOM BARS	BARS	3/4 CUP	120	8	15.00
FOOD.COM	SALAD	BACON BAKED APPLE SALAD	SALAD	1/4 CUP	40	5	8.00
FOOD.COM	MAIN DISHES	CHICKEN W/SPICED RICE	CHICKEN/RICE	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	ALTERNATIVE JEWISH STUFFED CABBAGE USING SAVOY	STUFFED CABBAGE	1/2 CUP	80	5	16.00
FOOD.COM	SALAD	CARIBBEAN TURKEY SALAD	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	MUM'S CHRISTMAS PUDDING	PUDDING	1 1/2 CUPS	240	13	18.46
FOOD.COM	BREAKFAST	HOT CROSS MUFFINS	MUFFINS	1 CUP	160	12	13.33
FOOD.COM	SALAD	CABBAGE, BACON & POMEGRANATE SALAD	SALAD	2 TBLS	20	3	6.67
FOOD.COM	DESSERTS	HUNGARIAN PALACSINTA CAKE ARMENIAN STYLE	CAKE	1/4 CUP	40	8	5.00
FOOD.COM	DESSERTS	MENDIANTS - BEAUTIFUL LITTLE CHOCOLATES	CANDY	1/2 CUP	80	10	8.00
FOOD.COM	DESSERTS	ARROZ CON DULCE (SWEET RICE PUDDING)	PUDDING	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	INDIAN DIRTY RICE	RICE	1/4 CUP	40	4	10.00
FOOD.COM	SALAD	GRILLED PIZZA SALAD W/TOSSED GREENS & RAISIN VINAIGRETTE	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	BREADS	PORTUGUESE SWEET BREAD OAMC	BREADS	3/4 CUP	120	36	3.33
FOOD.COM	MAIN DISHES	BRIDGET JONES'S TURKEY BUFFET CURRY IN A HURRY	TUKREY	2 TBLS	20	2	10.00
FOOD.COM	BREADS	HUNGARIAN SPRING BREAD (BREAD MACHINE)	BREADS	1/3 CUP	53.33	9	5.93
FOOD.COM	BREADS	BRIOCHE BREAD & BUTTER PUDDING	PUDDING	1/3 CUP	53.33	6	8.89
FOOD.COM	MAIN DISHES	ARABISH THIGHS TO DIE FOR	CHICKEN	1/4 CUP	40	5	8.00
FOOD.COM	BREADS	MARTHA STEWART'S STOLLEN	BREADS	2 1/2 CUPS	400	36	11.11
FOOD.COM	BREADS	AMERAUSSIE'S GLUTEN-FREE MUFFINS OF GLORY	MUFFINS	1/2 CUP	80	13.5	5.93
FOOD.COM	DESSERTS	WALNUT COCONUT CREAM FRUITCAKE	CAKE	1 CUP	160	32	5.00
FOOD.COM	DESSERTS	BOURBON CROISSANT BREAD PUDDING W/BOURBON SAUCE	BREADS	1/4 CUP	40	6	6.67
FOOD.COM	BREAKFAST	ULTIMATE MUESLI	MUESLI	2 TBLS	20	11	1.82
FOOD.COM	DESSERTS	SCOTTISH APPLE ORANGE MARMALADE PIE	PIE	1/3 CUP	53.33	8	6.67
FOOD.COM	DESSERTS	DUTCH APPLE PIE	PIE	3/4 CUP	120	8	15.00
FOOD.COM	SIDE DISHES	BUTTER CHICKEN GRAVY	GRAVY	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	GRANDMA'S LIGHT FRUITCAKE	CAKE	4 CUPS	640	16	40.00
FOOD.COM	DESSERTS	BANANA NUT LOAF CAKE	CAKE	1/2 CUP	80	10	8.00
FOOD.COM	DESSERTS	THE ABSOLUTE BEST WHITE CHRISTMAS FRUITCAKE	CAKE	3 CUPS	480	36	13.33
FOOD.COM	DESSERTS	NEOPOLITAN CHEESECAKE (TORTA DI RICOTTA ALLA NAPOLETANA)	CAKE	1/4 CUP	40	12	3.33
FOOD.COM	MAIN DISHES	MOROCCAN ROASTED HALIBUT	HALIBUT	1/2 CUP	80	5	16.00
FOOD.COM	DESSERTS	CLOOTIE DUMPLING IN THE MICROWAVE	CAKE	1/2 CUP	80	10	8.00
FOOD.COM	DESSERTS	LEMON RAISIN PIE	PIE	1 1/4 CUPS	200	8	25.00
FOOD.COM	MAIN DISHES	PASTEL DE CHOCLO	CHICKEN	1/2 CUP	80	5	16.00
FOOD.COM	SALAD	FRUITED WILD RICE SALAD	SALAD	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	PEACH & APPLE COMPOTE	COMPOTE	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	TURKEY CURRY BAKE	TURKEY	1/4 CUP	40	4	10.00
FOOD.COM	SNACKS	NUTTY GRANOLA BARS	BARS	1 CUP	160	12	13.33
FOOD.COM	COOKIES & SWEETS	ALTERED OATMEAL RAISIN COOKIES	COOKIES	2 CUPS	320	36	8.89
FOOD.COM	DESSERTS	UNCLE BILL'S SOUTHERN STYLE PECAN PIE	PIE	1 CUP	160	16	10.00
FOOD.COM	DESSERTS	SWEET POTATO BUNDT CAKE W/SPICED BUTTERED RUM GLAZE	CAKE	1 CUP	160	13.5	11.85
FOOD.COM	MAIN DISHES	CHICKEN BIRYANI	CHICKEN	1/2 CUP	80	5	16.00
FOOD.COM	MAIN DISHES	MOROCCAN-SPICED SCALLOPS W/TOMATO COUSCOUS	SCALLOPS	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	YULETIDE RING CAKE	CAKE	1/2 CUP	80	13	6.15
FOOD.COM	DESSERTS	SCOTTISH SCONES	SCONES	1/2 CUP	80	16	5.00
FOOD.COM	SIDE DISHES	APPLE BARLEY PILAF	RICE	1/4 CUP	40	4	10.00
FOOD.COM	BREADS	FRUIT-FILLED CARDAMOM BREAD	BREADS	1 CUP	160	36	4.44
FOOD.COM	DESSERTS	PECAN HOLIDAY CAKE	CAKE	1 1/2 CUPS	240	10	24.00
FOOD.COM	DESSERTS	GINGERBREAD SPOON CAKE (SLOW COOKER)	CAKE	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	CRANBERRY-ORANGE BARS	BARS	1/2 CUP	80	24	3.33
FOOD.COM	DESSERTS	UPSIDE DOWN APPLE & SODA BREAD TART	TARTS	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	GARRETT'S FIRST BIRTHDAY CAKE & ICING	CAKE	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	PUMPKIN PINEAPPLE AUTUMN GLORY COMPOTE	COMPOTE	1 CUP	160	10	16.00
FOOD.COM	SIDE DISHES	MAMA D'S HOLIDAY STUFFING	STUFFING	10 OZ	283	8	35.38
FOOD.COM	MAIN DISHES	PIQUILLO PEPPER CHICKEN W/SPANISH RICE	CHICKEN/RICE	1/2 CUP	80	4	20.00
FOOD.COM	BREAKFAST	LOW CARB ALMOND FLOUR CINNAMON RAISIN MUFFINS	MUFFINS	3 TBLS	30	4	7.50
FOOD.COM	SALAD	FRUITED CURRY CHICKEN SALAD	SALAD	1/3 CUP	53.33	8	6.67
FOOD.COM	BREADS	ST JOSEPH'S DAY BREAD	BREADS	1/3 CUP	53.33	12	4.44
FOOD.COM	BREAKFAST	GOAN COCONUT PANCAKES	PANCAKES	2 TBLS	20	6	3.33
FOOD.COM	MAIN DISHES	CHICKEN CURRY CREPES	CHICKEN	3/4 CUP	120	7	17.14
FOOD.COM	BREADS	COCONUT BREAD PUDDING	BREADS	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	AMY'S GRANDMA'S STUFFED CABBAGE HOLOPTCHIS (OMAC)	STUFFED CABBAGE	1/4 CUP	40	8	5.00
FOOD.COM	DESSERTS	ORANGE WALNUT CAKE	CAKE	15 OZ	424.5	12	35.38

FOOD.COM	COOKIES & SWEETS	COCONUT ORANGE RAISIN COOKIES	COOKIES	1/2 CUP	80	24	3.33
FOOD.COM	COOKIES & SWEETS	BANANA OATMEAL RAISIN COCONUT WALNUT COOKIES	COOKIES	1/2 CUP	80	24	3.33
FOOD.COM	SALAD	MOLDED FRUIT & VEGETABLE SALAD	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	CARROT-RAISIN QUICK BREAD	BREADS	1 CUP	160	10	16.00
FOOD.COM	SALAD	BONNIE'S BROCCOLI SALAD	SALAD	3/4 CUP	120	5	24.00
FOOD.COM	MAIN DISHES	GRAND MARNIER TURKEY	TURKEY	1 CUP	160	10	16.00
FOOD.COM	SIDE DISHES	BUSH TOMATO CHUTNEY (AUSTRALIA)	CHUTNEY	2 TBLS	20	6	3.33
FOOD.COM	MAIN DISHES	TURKEY ROAST W/PLUM SAUCE	TURKEY/SAUCE	1/4 CUP	40	7	5.71
FOOD.COM	SIDE DISHES	NOODLE KUGEL (W/ORANGE SOAKED YELLOW RAISINS)	KUGEL	1 CUP	160	11	14.55
FOOD.COM	MAIN DISHES	CHICKEN LIVERS & ONIONS, SAUTEED (LIDIA BASTIANICH)	CHICKEN	2 TBLS	20	4	5.00
FOOD.COM	SIDE DISHES	STUFFED ACORN SQUASH	SQUASH	1/3 CUP	53.33	6	8.89
FOOD.COM	MAIN DISHES	HAM SALAD PUFFS	HAM	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	BRUSCHETTA W/CAPONATA	CAPONATA	3 TBLS	30	6	5.00
FOOD.COM	DESSERTS	AGIOS FANOURIOS CAKE - FANOUREPITA (SPICED RAISIN CAKE-NO EGGS)	CAKE	1 CUP	160	12	13.33
FOOD.COM	SALAD	HARVEST SALAD W/CIDER VINAIGRETTE	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	BREAKFAST	MORNING GLORY MUFFINS	MUFFINS	1 CUP	160	12	13.33
FOOD.COM	SIDE DISHES	EGGPLANT RELISH	RELISH	1/4 CUP	40	8	5.00
FOOD.COM	BREADS	FESTIVE FRUIT-AND NUT PANETTONE	BREADS	1/2 CUP	80	16	5.00
FOOD.COM	BREAKFAST	TEFF MUFFINS W/FRUIT & NUTS	MUFFINS	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	TURKEY MEATBALLS MARSALA	TURKEY	2 TBLS	20	4	5.00
FOOD.COM	MAIN DISHES	LATIN PORK W/FRUIT	PORK	3/4 CUP	120	6	20.00
FOOD.COM	SNACKS	LITTLE SWEET, LITTLE NUTTY POPCORN	POPCORN	1 CUP	160	8	20.00
FOOD.COM	MAIN DISHES	SAUDI ARABIAN SLOW-COOKED LAMB	LAMB	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	GOLDEN SEMOLINA BISCOTTI	BISCOTTI	1 CUP	160	24	6.67
FOOD.COM	MAIN DISHES	SPAGHETTI W/CAULIFLOWER	SPAGHETTI	1/4 CUP	40	5	8.00
FOOD.COM	SIDE DISHES	HAZELNUT LEMON SALSA	SALSA	1/2 CUP	80	4	20.00
FOOD.COM	SALAD	COLESLAW W/CARAWAY & RAISINS	SALAD	1 CUP	160	4	40.00
FOOD.COM	SIDE DISHES	EASY CURRIED COUSCOUS	COUSCOUS	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	STICKY GINGERBREAD W/MARMALADE	GINGERBREAD	1/2 CUP	80	18	4.44
FOOD.COM	SIDE DISHES	CRANBERRY-ALMOND BRIE	BRIE	1/3 CUP	53.33	8	6.67
FOOD.COM	BREADS	HONEY BANANA MUFFINS	MUFFINS	1/2 CUP	80	14	5.71
FOOD.COM	DESSERTS	GRANDMA'S PLACEK	CAKE	16 OZ	452.8	50	9.06
FOOD.COM	DESSERTS	AUTUMN-APPLE STRUDEL	STRUDEL	1/2 CUP	80	10	8.00
FOOD.COM	MAIN DISHES	MULLIGATAWNY SOUP (CHICKEN)	SOUP	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	QUINOA PUDDING	PUDDING	1/2 CUP	80	8	10.00
FOOD.COM	COOKIES & SWEETS	SLICE & BAKE OATMEAL SCOTCHIES	COOKIES	1 CUP	160	84	1.90
FOOD.COM	BREADS	BREAD PUDDING - LOWER CAL/FAT	BREADS	3/4 CUP	120	24	5.00
FOOD.COM	BREADS	BREAD & BUTTER BRULEE	BREADS	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	CHICKEN PICADILLO	CHICKEN	1/3 CUP	53.33	4	13.33
FOOD.COM	SIDE DISHES	FRESH PEACH CHUTNEY	CHUTNEY	1/4 CUP	40	8	5.00
FOOD.COM	BREADS	MY BISQUICK "IRISH SODA BREAD"	BREADS	1/2 CUP	80	8	10.00
FOOD.COM	SIDE DISHES	KEN'S PERSIAN RICE PILAF	RICE	1/2 CUP	80	7	11.43
FOOD.COM	COOKIES & SWEETS	APPLE COBBLERS COOKIES	COOKIES	3/4 CUP	120	36	3.33
FOOD.COM	SIDE DISHES	HELEN'S HOLIDAY CHUTNEY	CHUTNEY	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	ZUCCHINI NUT MUFFINS	MUFFINS	1/2 CUP	80	24	3.33
FOOD.COM	DESSERTS	SOUR CREAM ORANGE CAKE 1965	CAKE	3/4 CUP	120	12	10.00
FOOD.COM	DESSERTS	APPLE PECAN CRUMBLE PIE	PIE	1/2 CUP	80	8	10.00
FOOD.COM	SIDE DISHES	TFAYA (ONION-RAISIN CONFIT)	SAUCE	1 CUP	160	16	10.00
FOOD.COM	DESSERTS	APPLESAUCE & WALNUT SQUARES W/A STREUSEL TOPPING	BARS	1/2 CUP	80	48	1.67
FOOD.COM	BREAKFAST	CINNAMON ROLL BAKE	ROLLS	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	PEACH CHUTNEY	CHUTNEY	1 2/3 CUPS	266.67	16	16.67
FOOD.COM	DESSERTS	NO BAKE CHRISTMAS CAKE	CAKE	16 OZ	452.8	24	18.87
FOOD.COM	DESSERTS	FANTASTIC HOLIDAY FRUITCAKE	CAKE	16 OZ	452.8	54	8.39
FOOD.COM	SIDE DISHES	CHUNKY CRANBERRY SAUCE	SAUCE	1/3 CUP	53.33	6	8.89
FOOD.COM	DESSERTS	POUND CAKE PUDDING	PUDDING	2 TBLS	20	2	10.00
FOOD.COM	BREAKFAST	CINNAMON POTATO BUNS - HILTON PARK, COUNTY MONAGHAN IRELAND BUNS		3/4 CUP	120	18	6.67
FOOD.COM	SIDE DISHES	CAPONATA W/FENNEL, OLIVES & RAISINS	CAPONATA	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	ALSATIAN APPLE & CREAM TART	TARTS	1/3 CUP	53.33	8	6.67
FOOD.COM	SALAD	CURRIED RICE SALAD W/MELON, RAISINS & PEANUTS	SALAD	3/4 CUP	120	11	10.91
FOOD.COM	DESSERTS	APPLESAUCE & CINNAMON CUPCAKES	CAKE	3.5 OZ	99	12	8.25
FOOD.COM	BREAKFAST	BAREFOOT CONTESSA'S BREAKFAST BREAD PUDDING	BREADS	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	BEBE'S CHICKEN CURRY	CHICKEN	1/3 CUP	53.33	6	8.89
FOOD.COM	DESSERTS	ROASTED ORANGE CAKES	CAKE	1/3 CUP	53.33	9	5.93
FOOD.COM	COOKIES & SWEETS	OATMEAL RAISIN COOKIES	COOKIES	1/2 CUP	80	11	7.27
FOOD.COM	DESSERTS	IRISH CURRANT & RAISIN CAKE	CAKE	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	GARLIC & ROSEMARY ROAST CHICKEN	CHICKEN	1/4 CUP	40	5	8.00
FOOD.COM	DESSERTS	AUSTRIAN APPLE STRUDEL	STRUDEL	1/3 CUP	53.33	4	13.33
FOOD.COM	SALAD	QUINOA SALAD W/APRICOTS & PISTACHIOS	SALAD	1/3 CUP	53.33	4	13.33
FOOD.COM	BREADS	FRUIT & NUT BREAD PUDDING	BREADS	1 CUP	160	12	13.33
FOOD.COM	DESSERTS	FRUITCAKE W/RUM	CAKE	1 1/2 CUPS	240	20.5	11.71
FOOD.COM	BREADS	PANETTONE	BREADS	1/3 CUP	53.33	12	4.44
FOOD.COM	MAIN DISHES	CHICKEN CAULIFLOWER CURRY	CHICKEN	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	CARROT BUNDT CAKE	CAKE	1 CUP	160	10	16.00
FOOD.COM	BREADS	COUNTRY RAISIN NUT BREAD RECIPE	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	MAIN DISHES	CURRIED CHICKEN CASSEROLE	CHICKEN	2 OZ	56.6	4	14.15
FOOD.COM	DESSERTS	FRUITCAKE (W/NUTS)	CAKE	3/4 CUP	120	10	12.00
FOOD.COM	DESSERTS	CURRIED APPLE TURNOVERS	APPLES	1/2 CUP	80	18	4.44
FOOD.COM	SALAD	LOS ANGELES ENSALADA ESPANOLA (L.A. CHOPPED SPANISH SALAD)	SALAD	3 TBLS	30	4	7.50
FOOD.COM	MAIN DISHES	ELEGANT VEGETARIAN STUFFED POTATOES	POTATOES	1/3 CUP	53.33	4	13.33
FOOD.COM	BREADS	RESTAURANT STYLE BREAD PUDDING	BREADS	1/4 CUP	40	6	6.67
FOOD.COM	SALAD	WALDORF CHICKEN SALAD	SALAD	1/3 CUP	53.33	6	8.89
FOOD.COM	SALAD	CREAMY CURRY TUNA PASTA SALAD	SALAD	1/3 CUP	53.33	8	6.67
FOOD.COM	SIDE DISHES	PICADILLO CHILI DIP	DIP	1/4 CUP	40	12	3.33
FOOD.COM	DESSERTS	BAVARIAN APPLE STRUDEL	STRUDEL	3/4 CUP	120	12	10.00
FOOD.COM	BREADS	HOLIDAY SHORTBREAD SLICE	BREADS	1/3 CUP	53.33	24	2.22
FOOD.COM	SNACKS	GOLDEN SNACKING GRANOLA	GRANOLA	1 CUP	160	9	17.78
FOOD.COM	BREADS	NO-KNEAD HARVEST BREAD	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	CHOCOLATE-ORANGE CAKE	CAKE	1/2 CUP	80	12	6.67
FOOD.COM	MAIN DISHES	SPANISH BAKED CHICKEN	CHICKEN	1/2 CUP	80	4	20.00
FOOD.COM	SALAD	BABY SWISS CHARD W/BACON, PINE NUTS & RAISINS	SALAD	2 TBLS	20	4	5.00
FOOD.COM	MAIN DISHES	BLACK BASS W/PINE NUTS	BASS	2 OZ	56.6	4	14.15
FOOD.COM	DESSERTS	ICE CREAM SPECTACULAR	ICE CREAM	1 TSP	5	6	0.83
FOOD.COM	MAIN DISHES	PAN ROASTED MEDALLION OF BEEF RIB-EYE	BEEF	2 CUPS	320	8	40.00
FOOD.COM	DESSERTS	APPLESAUCE CAKE	CAKE	1 CUP	160	12	13.33
FOOD.COM	BREADS	BREAD MACHINE BROCHE ORANGE-RAISIN BREAD	BREADS	3/4 CUP	120	9	13.33
FOOD.COM	SALAD	SHERRY'S SUNFLOWER SALAD	SALAD	2/3 CUP	106.67	7	15.24
FOOD.COM	SIDE DISHES	PINEAPPLE GHOST CHILI SAUCE	SAUCE	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	THE LITTLE IRISH WHISKEY CAKE	CAKE	1 CUP	160	12	13.33
FOOD.COM	SIDE DISHES	PARADE MAGAZINE'S CRANBERRY HOLIDAY RELISH	RELISH	1 CUP	160	10	16.00
FOOD.COM	SIDE DISHES	MEDITERRANEAN STUFFED CABBAGE	STUFFED CABBAGE	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	GOLDEN PUMPKIN BREAD	BREADS	3/4 CUP	120	16	7.50
FOOD.COM	MAIN DISHES	MINCEMEAT RECIPE #3947527459 - NO MEAT	MINCEMEAT	1/2 CUP	80	14	5.71
FOOD.COM	SALAD	COUSCOUS SALAD W/BASIL & PINE NUTS	SALAD	1/4 CUP	40	5	8.00
FOOD.COM	SNACKS	HOMEMADE GRANOLA - LOWFAT	GRANOLA	1/4 CUP	40	24	1.67
FOOD.COM	BREADS	GOLDEN CARROT MUFFINS	MUFFINS	1/2 CUP	80	18	4.44
FOOD.COM	DESSERTS	CINNAMON ROLL BREAD PUDDING	BREADS	1/2 CUP	80	7	11.43
FOOD.COM	BREAKFAST	FRUITY FRENCH TOAST	FRENCH TOAST	1/4 CUP	40	4	10.00
FOOD.COM	BREAKFAST	BREAKFAST BRAN MUFFINS	MUFFINS	1/4 CUP	40	10	4.00
FOOD.COM	DESSERTS	APPLE OAT CRUMBLE	PIE	1/2 CUP	80	6	13.33

FOOD.COM	MAIN DISHES	GREEK-INSPIRED CHICKEN CASSEROLE W/LEEKS, PINE NUTS & RAISINS	CASSEROLE	1/3 CUP	53.33	8	6.67
FOOD.COM	SNACKS	APRICOT-ALMOND ENERGY BARS	BARS	1/4 CUP	40	12	3.33
FOOD.COM	BREADS	IRISH SODA POPCORN MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	SALAD	ROMAINE FETA SALAD	SALAD	1 CUP	160	7	22.86
FOOD.COM	MAIN DISHES	CHICKEN BREASTS W/OLIVE SAUCE	CHICKEN	1/2 CUP	80	2	40.00
FOOD.COM	SALAD	CHICKPEA-VEGETABLE SALAD W/CURRIED YOGURT DRESSING	SALAD	1/2 CUP	80	6	13.33
FOOD.COM	DESSERTS	RHUBARB STRUDEL	STRUDEL	1/2 CUP	80	12	6.67
FOOD.COM	BREADS	WILDLY FRUITY SODA BREAD	BREADS	1/4 CUP	40	11	3.64
FOOD.COM	MAIN DISHES	GREEK STYLE ROASTED GAME HENS	GAME HENS	1/4 CUP	40	4	10.00
FOOD.COM	BREADS	POPPY SEED RAISIN-NUT MUFFINS	MUFFINS	1/2 CUP	80	16	5.00
FOOD.COM	SALAD	M CAFÉ'S CURRIED CAULIFLOWER SALAD	SALAD	1/4 CUP	40	10	4.00
FOOD.COM	DESSERTS	PINEAPPLE CHRISTMAS CAKE 1953	CAKE	16 OZ	452.8	12	37.73
FOOD.COM	SIDE DISHES	MANGO CHUTNEY DIP	CHUTNEY	1 CUP	160	20	8.00
FOOD.COM	DESSERTS	CHAI SPICED DOUBLE APPLE PIE	PIE	3/4 CUP	120	9	13.33
FOOD.COM	DESSERTS	WHITE COCONUT FRUITCAKE	CAKE	2 CUPS	320	24	13.33
FOOD.COM	BREADS	CARROT-RAISIN BREAD	BREADS	1/4 CUP	40	6	6.67
FOOD.COM	MAIN DISHES	CHICKEN CUTLETS BRASCOLE	CHICKEN	3/4 CUP	120	4	30.00
FOOD.COM	DESSERTS	WEIGHT WATCHERS CARROT CAKE - 5 POINTS	CAKE	1/2 CUP	80	12	6.67
FOOD.COM	COOKIES & SWEETS	AMBROSIA COOKIES	COOKIES	1 CUP	160	35	4.57
FOOD.COM	DESSERTS	MOCK APPLE PIE SQUARES	BARS	1/2 CUP	80	18	4.44
FOOD.COM	DESSERTS	CLEVELAND STYLE RUSSIAN TEA CAKES	CAKE	1 1/2 CUPS	240	28	8.57
FOOD.COM	DESSERTS	APPLE & CHEESE NOODLE PUDDING	PUDDING	1/2 CUP	80	12	6.67
FOOD.COM	SIDE DISHES	GREEN TOMATO CHUTNEY FOR CANNING	CHUTNEY	16 OZ	452.8	20	22.64
FOOD.COM	DESSERTS	BAJA BARS	BARS	1/4 CUP	40	24	1.67
FOOD.COM	MAIN DISHES	BAKED CHICKEN W/RAISINS	CHICKEN	3/4 CUP	120	4	30.00
FOOD.COM	MAIN DISHES	CURRIED WAFFLE CLUB SANDWICHES	SANDWICHES	5 TBLS	50	2	25.00
FOOD.COM	DESSERTS	SWEET POTATO BUNDT CAKE	CAKE	3/4 CUP	120	16	7.50
FOOD.COM	DESSERTS	OLIVE GARDEN ITALIAN APPLE TORTE	PIE	1/4 CUP	40	10	4.00
FOOD.COM	DESSERTS	CHUNKY APPLE-PECAN CAKE	CAKE	1 CUP	160	14	11.43
FOOD.COM	DESSERTS	CRAIG CLAIBORNE'S WALNUT & GINGER CAKE	CAKE	1 1/2 CUPS	240	12	20.00
FOOD.COM	BREAKFAST	FLAPIJACK GRANOLA	PANCAKES	5 TBLS	50	6	8.33
FOOD.COM	SIDE DISHES	OLIVE GARDEN GOLDEN CINNAMON ORZO CALABRESE	PASTA	1/2 CUP	80	4	20.00
FOOD.COM	BREADS	MALTLED FRUIT LOAF	BREADS	1 OZ	28.3	12	2.36
FOOD.COM	SIDE DISHES	GREEN APPLE CHUTNEY	CHUTNEY	8 OZ	226.4	10	22.64
FOOD.COM	DESSERTS	LOW-FAT MINCEMEAT	MINCEMEAT	1 1/2 CUPS	240	24	10.00
FOOD.COM	DESSERTS	FRUITCAKE TO END ALL FRUITCAKES	CAKE	16 OZ	452.8	48	9.43
FOOD.COM	DESSERTS	BAKED CREPES W/RICOTTA	CREPES	1 1/2 CUPS	240	12	20.00
FOOD.COM	BREADS	APPLE RAISIN MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	SALAD	INDIAN SPINACH SALAD	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	SIDE DISHES	SPICED RICE (MARSALA BHAT)	RICE	1/4 CUP	40	10	4.00
FOOD.COM	SIDE DISHES	CHUNKY & FRESH CRANBERRY SAUCE W/WALNUTS, RAISINS, & AP	SAUCE	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	CROCK POT MINCEMEAT	MINCEMEAT	1 1/4 CUPS	200	8	25.00
FOOD.COM	BREADS	IRISH AMERICAN SODA BREAD	BREADS	1 CUP	160	12	13.33
FOOD.COM	SIDE DISHES	SWEET YELLOW RICE	RICE	2 TBLS	20	5	4.00
FOOD.COM	SALAD	FENNEL, CARROT & APPLE SLAW	SALAD	1/2 CUP	80	10	8.00
FOOD.COM	DESSERTS	SIMPLE SIMNEL CAKE	CAKE	6 OZ	169.8	18	9.43
FOOD.COM	SALAD	APPLE-PECAN SLAW	SALAD	1/2 CUP	80	9	8.89
FOOD.COM	COOKIES & SWEETS	ORANGE GLAZED FRUIT CHEWS	COOKIES	1/2 CUP	80	45	1.78
FOOD.COM	SIDE DISHES	APPLE GINGER CHUTNEY	CHUTNEY	1 CUP	160	12	13.33
FOOD.COM	BREADS	FRUIT & NUT BROWN BREAD	BREADS	1 CUP	160	6	26.67
FOOD.COM	MAIN DISHES	APPLE STUFFED PORK ROAST	PORK	4 TBLS	40	20	2.00
FOOD.COM	SIDE DISHES	PINEAPPLE SHRIMP FRIED RICE	SHRIMP/RICE	1 CUP	160	5	32.00
FOOD.COM	MAIN DISHES	SPICED-RUBBED CHICKEN FOLD-OVERS	CHICKEN	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	ROOT VEGETABLE CAPONATA	CAPONATA	3/4 CUP	120	6	20.00
FOOD.COM	BREADS	CINNAMON-RAISIN BUTTERMILK BISCUITS	BISCUITS	1/4 CUP	40	4	10.00
FOOD.COM	BREADS	MANGO BREAD THE PANAMA WAY	BREADS	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	MOROCCAN CHICKEN POT PIE	CHICKEN	1/3 CUP	53.33	7	7.62
FOOD.COM	SIDE DISHES	KC BAKED BEANS	BEANS	1/4 CUP	40	7	5.71
FOOD.COM	SIDE DISHES	SPICY MANGO CHUTNEY	CHUTNEY	1/2 CUP	80	4	20.00
FOOD.COM	MAIN DISHES	MANGO TURKEY PICADILLO WRAPS	TURKEY	1/4 CUP	40	8	5.00
FOOD.COM	DESSERTS	CALIFORNIA GOLD LOAF	CAKE	1 CUP	160	11	14.55
FOOD.COM	COOKIES & SWEETS	TEMPTATION ISLAND COOKIES	COOKIES	3/4 CUP	120	28	4.29
FOOD.COM	DESSERTS	UKRAINIAN EASTER CHEESECAKE (SYRNKY)	CAKE	1 CUP	160	14	11.43
FOOD.COM	SIDE DISHES	STUFFED TOMATOES (TODAY'S SPECIAL)	STUFFED TOMATOES	2 TBLS	20	2	10.00
FOOD.COM	DESSERTS	"BARBER'S" BAKED APPLES	APPLES	1/2 CUP	80	6	13.33
FOOD.COM	SIDE DISHES	EXTREMELY RICH & EASY CRANBERRY W/PORT SAUCE	SAUCE	1/3 CUP	53.33	12	4.44
FOOD.COM	BREADS	HUNZA BREAD II BY HOLLY	BREADS	1 CUP	160	16	10.00
FOOD.COM	SNACKS	CONFETTI SNACK MIX	SNACKS	1 CUP	160	14	11.43
FOOD.COM	SIDE DISHES	MOLE BLANCO - WHITE MOLE SAUCE	SAUCE	1 CUP	160	12	13.33
FOOD.COM	SNACKS	HERMOSA THERMOMIX ENERGY BARS	BARS	7 TBLS	70	24	2.92
FOOD.COM	MAIN DISHES	JAMAICA-ME-CRAZY CHICKEN TROPICALE	CHICKEN	1 CUP	160	4	40.00
FOOD.COM	DESSERTS	ZUCCHINI CUPCAKES	CAKE	1/2 CUP	80	18	4.44
FOOD.COM	SIDE DISHES	CRANBERRY-PORT RELISH	RELISH	1 CUP	160	8	20.00
FOOD.COM	BREADS	HUTZEL WECKEN	BREADS	1 CUP	160	24	6.67
FOOD.COM	MAIN DISHES	LINDY'S APPLE RAISIN STUFFED PORK CHOPS	PORK	2 TBLS	20	4	5.00
FOOD.COM	DESSERTS	BREAD PUDDING W/VANILLA SAUCE	PUDDING	1/2 CUP	80	9	8.89
FOOD.COM	SIDE DISHES	SWISS CHARD W/BEETS, GOAT CHEESE & RAISINS	SWISS CHARD	2 TBLS	20	6	3.33
FOOD.COM	BREAKFAST	AMERAUSSIE'S GLUTEN-FREE MUFFINS OF GLORY	MUFFINS	1/2 CUP	80	13.5	5.93
FOOD.COM	SIDE DISHES	DRUNKEN BEETS & GREENS	BEETS	1/2 CUP	80	5	16.00
FOOD.COM	COOKIES & SWEETS	CORN COOKIES	COOKIES	1 CUP	160	72	2.22
FOOD.COM	BREAKFAST	ORANGE RAISIN CORN MUFFINS	MUFFINS	1 CUP	160	12	13.33
FOOD.COM	MAIN DISHES	SHERRIED CHICKEN	CHICKEN	1 CUP	160	4	40.00
FOOD.COM	SALAD	TANGY CAULIFLOWER SALAD	SALAD	1/2 CUP	80	7	11.43
FOOD.COM	SIDE DISHES	RHUBARB ORANGE SAUCE	SAUCE	2 TBLS	20	8	2.50
FOOD.COM	DESSERTS	WHITE FRUIT CAKE	CAKE	2 CUPS	320	11	29.09
FOOD.COM	SIDE DISHES	SWEET & NUTTY MOROCCAN COUSCOUS	COUSCOUS	1/3 CUP	53.33	8	6.67
FOOD.COM	SIDE DISHES	APPLE GINGER CHUTNEY	CHUTNEY	1 CUP	160	14	11.43
FOOD.COM	BREAKFAST	GOLDEN NUGGET CARROT MUFFINS	MUFFINS	1/3 CUP	53.33	12	4.44
FOOD.COM	MAIN DISHES	CHICKEN (OR TURKEY) SAUSAGE W/APPLE & HAZELNUTS	CHICKEN	1/4 CUP	40	10	4.00
FOOD.COM	SNACKS	ROASTED NUT & RAISIN FLUTES	SNACKS	2 CUPS	320	12	26.67
FOOD.COM	SIDE DISHES	EGG FREE NOODLE KUGEL	KUGEL	1/2 CUP	80	11	7.27
FOOD.COM	SIDE DISHES	CRANBERRY, GINGER, & ORANGE CHUTNEY	CHUTNEY	1 1/2 CUPS	240	18	13.33
FOOD.COM	BREADS	ITALIAN LEMON-RICOTTA BREAD (BREAD MACHINE)	BREADS	1/3 CUP	53.33	12	4.44
FOOD.COM	DESSERTS	BREAD PUDDING W/APPLES	PUDDING	1/2 CUP	80	6	13.33
FOOD.COM	BREAKFAST	LOW-FAT APPLESAUCE CINNAMON ROLLS	ROLLS	3/4 CUP	120	8	15.00
FOOD.COM	MAIN DISHES	HEALTHY WALDORF TURKEY SALAD SANDWICHES	SANDWICHES	1/4 CUP	40	4	10.00
FOOD.COM	SALAD	ASIAN GIRL SCOUT CHICKEN SALAD	SALAD	1/2 CUP	80	4	20.00
FOOD.COM	MAIN DISHES	CURRIED CHICKEN W/CHICKEN & ALMONDS	CHICKEN	1/2 CUP	80	6	13.33
FOOD.COM	MAIN DISHES	AUTUMN LASAGNA W/CHICKEN RAGU, PINE NUTS, & RAISINS	LASAGNA	6 TBLS	60	8	7.50
FOOD.COM	DESSERTS	BROWN SUGAR SCONES	SCONES	3/4 CUP	120	16.5	7.27
FOOD.COM	MAIN DISHES	YAYA'S EMPANADAS	BEEF	3/4 CUP	120	27.5	4.36
FOOD.COM	SIDE DISHES	SWEET POTATO ROUNDS	POTATOES	1 1/4 CUPS	200	19	10.53
FOOD.COM	DESSERTS	TOAST POINT APPLE TART	TARTS	2 TBLS	20	8	2.50
FOOD.COM	DESSERTS	FRESH FRUITCAKE	CAKE	3/4 CUP	120	11	10.91
FOOD.COM	DESSERTS	GOLDEN YAM SQUARES	BARS	1/2 CUP	80	24	3.33
FOOD.COM	DESSERTS	PHYLLO, BREAD & PUDDING	BREADS	2/3 CUP	106.67	5	21.33
FOOD.COM	DESSERTS	CARROT NUT SCONES	SCONES	2/3 CUP	106.67	8	13.33
FOOD.COM	SAUCE	APPLE-RAISIN RELISH	RELISH	1 CUP	160	8	20.00
FOOD.COM	BREADS	RUM RAISIN LOAF	BREADS	1 CUP	160	24	6.67

FOOD.COM	SIDE DISHES	FRUIT & NUT COUSCOUS STUFFING	STUFFING	1 CUP	160	8	20.00
FOOD.COM	SIDE DISHES	SHRIMP CURRY	SHRIMP	1/2 CUP	80	3	26.67
FOOD.COM	SIDE DISHES	THANKSGIVING TURKEY OYSTER DRESSING STUFFING	STUFFING	4 OZ	113.2	7	16.17
FOOD.COM	DESSERTS	COFFEE ANGEL PIE W/CARAMEL RAISIN SAUCE	PIE	1/2 CUP	80	5	16.00
FOOD.COM	SIDE DISHES	ISLAND WING OR DIPPING SAUCE	SAUCE	1/4 CUP	40	2	20.00
FOOD.COM	MAIN DISHES	SPICY CHICKEN & RICE	CHICKEN/RICE	1/3 CUP	53.33	4	13.33
FOOD.COM	BREAKFAST	OATY-RAISIN (OR APPLE) BRAN MUFFINS	MUFFINS	1 CUP	160	18	8.89
FOOD.COM	BREAKFAST	HEALTHY CARROT MUFFINS	MUFFINS	1/4 CUP	40	12	3.33
FOOD.COM	DESSERTS	APPLE & CHEDDAR CRUMBLE	PIE	1/2 CUP	80	8	10.00
FOOD.COM	BREAKFAST	APPLE BRAN MUFFINS	MUFFINS	1 CUP	160	24	6.67
FOOD.COM	SIDE DISHES	CRANBERRY-PEAR MUFFINS	MUFFINS	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	SPICED APPLE CAKE MIX IN A JAR	CAKE	1/2 CUP	80	12	6.67
FOOD.COM	SIDE DISHES	HOT-N-SOUR SAUTEED CABBAGE & APPLES (MICROWAVE)	CABBAGE	1/2 CUP	80	8	10.00
FOOD.COM	BREADS	BREADMAKER JULEKAGE	BREADS	2/3 CUP	106.67	12	8.89
FOOD.COM	DESSERTS	APPLESAUCE COBBLER	PIE	1/2 CUP	80	4	20.00
FOOD.COM	DESSERTS	APPLE RUM CAKE	CAKE	1/2 CUP	80	8	10.00
FOOD.COM	DESSERTS	COCOA MOCK MINCE PIE	PIE	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	SHEILA'S COMPANY SEAFOOD BAKE	SEAFOOD	1/2 CUP	80	7	11.43
FOOD.COM	DESSERTS	RAISIN PIE	PIE	1 1/2 CUPS	240	9	26.67
FOOD.COM	DESSERTS	DISNEY'S SCONES	SCONES	1 CUP	160	24	6.67
FOOD.COM	BREADS	FRUITED BREAD PUDDING	BREADS	1/3 CUP	53.33	9	5.93
FOOD.COM	SIDE DISHES	CROSTINI W/ROASTED GARLIC, GOAT CHEESE, & APPLE CHUTNEY	CHUTNEY	1 CUP	160	8	20.00
FOOD.COM	DESSERTS	COMFORT CAKE	CAKE	1/2 CUP	80	12	6.67
FOOD.COM	DESSERTS	APPLE & RAISIN CHEESECAKE BARS	BARS	1/2 CUP	80	24	3.33
FOOD.COM	DESSERTS	BAKED APPLES STUFFED W/HONEY, ALMONDS & GINGER	APPLES	1/3 CUP	53.33	4	13.33
FOOD.COM	MAIN DISHES	SLOW COOKER COUNTRY CAPTAIN CHICKEN W/RICE	CHICKEN/RICE	1/4 CUP	40	4	10.00
FOOD.COM	DESSERTS	SHREDDIES PECAN CRUNCH	PECANS	1/2 CUP	80	10	8.00
FOOD.COM	DESSERTS	APPLE NUT LATTICE TART	TARTS	3 TBLS	30	8	3.75
FOOD.COM	MAIN DISHES	FETTUCCINI PIE W/RAISINS & OLIVES (VEGAN)	FETTUCCINI	1/2 CUP	80	8	10.00
FOOD.COM	MAIN DISHES	MUGHLAI MURGH (CHICKEN W/ALMONDS & RAISINS)	CHICKEN	2 TBLS	20	6	3.33
FOOD.COM	MAIN DISHES	RICE SALAD W/RAISINS & SCALLIONS	SALAD	1/3 CUP	53.33	4	13.33
FOOD.COM	DESSERTS	CHAI-SPICED FRUIT COMPOTE W/YOGURT	COMPOTE	1/2 CUP	80	4	20.00
FOOD.COM	MAIN DISHES	CHICKEN KORMA	CHICKEN	4 TBLS	40	4	10.00
FOOD.COM	BREAKFAST	APPLE COFFEE CAKE W/CARAMEL SAUCE	CAKE	1/3 CUP	53.33	8	6.67
FOOD.COM	BREADS	SAFFRON TEA BREAD	BREADS	10 TBLS	100	10	10.00
FOOD.COM	SALAD	CARROT AMBROSIA SALAD	SALAD	1/4 CUP	40	7	5.71
FOOD.COM	BREADS	PUMPKIN MAPLE BREAD	BREADS	1/2 CUP	80	6	13.33
FOOD.COM	BREADS	GINGERSNAP BREAD PUDDING	BREADS	1/4 CUP	40	9	4.44
FOOD.COM	BREADS	MANX BUNLOAF (ISLE OF MAN)	BREADS	8 OZ	226.4	24	9.43
FOOD.COM	SALAD	ENERGY SALAD	SALAD	1 CUP	160	8	20.00
FOOD.COM	SIDE DISHES	PEPPER, ONION & CRANBERRY RELISH	RELISH	1/4 CUP	40	4	10.00
FOOD.COM	SIDE DISHES	HUMMUS-INDIAN STYLE	HUMMUS	1 CUP	160	7	22.86
FOOD.COM	DESSERTS	WARM PEACH SHORTCAKE W/BRANDY WHIPPED CREAM	CAKE	1/4 CUP	40	8	5.00
FOOD.COM	COOKIES & SWEETS	CINNA-RAISIN-CHIPS	COOKIES	15 OZ	424.5	20	21.23
FOOD.COM	BREADS	ELLA BELLA'S HEALTHY SUMMER SQUASH BREAD	BREADS	1/2 CUP	80	16	5.00
FOOD.COM	DESSERTS	THE BAKER'S BASKET	FRUITS	1 CUP	160	7	22.86
FOOD.COM	BREAKFAST	CARROT SPICE MUFFINS	MUFFINS	1/2 CUP	80	12	6.67
FOOD.COM	SIDE DISHES	BAKED MALAI KOFTA	POTATOES	1/4 CUP	40	6	6.67
FOOD.COM	DESSERTS	CREAMY RAISIN & DATE PIE	PIE	1/3 CUP	53.33	8	6.67
FOOD.COM	MAIN DISHES	SICILIAN STUFFED CHICKEN BREASTS W/MARSALA	CHICKEN	2 TBLS	20	4	5.00
FOOD.COM	SIDE DISHES	THAILAND PEANUT PESTO	PESTO	1/4 CUP	40	8	5.00
FOOD.COM	SIDE DISHES	GARNET YAMS W/MAPLE SYRUP, WALNUTS, & BRANDIED RAISINS	YAMS	1/2 CUP	80	12	6.67
FOOD.COM	SIDE DISHES	MUTTON & ANCIENT GRAIN STUFFED WINTER SQUASH	SQUASH	1/4 CUP	40	3	13.33
FOOD.COM	MAIN DISHES	SEARED SCALLOPS W/CAULIFLOWER, CAPERS & RAISINS	SCALLOPS	2 TBLS	20	4	5.00
FOOD.COM	DESSERTS	CANNOLI CHEESECAKE	CAKE	1/2 CUP	80	12	6.67
FOOD.COM	BREADS	UKRANIAN EASTER BREAD (PASKA)	BREADS	1/2 CUP	80	12	6.67
FOOD.COM	SIDE DISHES	HOLIDAY SPINACH	SPINACH	1/3 CUP	53.33	4	13.33
FOOD.COM	DESSERTS	MOIST CARROT CAKE W/CREAM CHEESE FROSTING	CAKE	3/4 CUP	120	12	10.00
FOOD.COM	COOKIES & SWEETS	BIG OLD FASHIONED OATMEAL COOKIES	COOKIES	1 CUP	160	24	6.67
FOOD.COM	SIDE DISHES	MUSTARD GREENS SICILIAN STYLE	MUSTARD GREENS	1/4 CUP	40	4	10.00
FOOD.COM	SALAD	ORANGE SCENTED WILD RICE SALAD W/TOasted PECANS & GOLDEN RA	SALAD	1 CUP	160	9	17.78

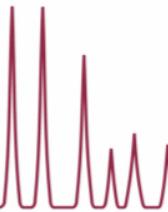
GEOMETRIC MEAN

9.42

ARITHMETIC MEAN

11.87

## **Attachment 1**



03 January 2012

Sun-Maid Growers of California  
Attn: J. Michael Hurley  
Research Coordinator  
13525 S. Bethel Ave  
Kingsburg, CA 93631

**Reference: SO<sub>2</sub> in Dried Fruits**  
**ETS Reports # 527775R, 529613, 535705 and 535711**

**Dried Fruit Processing:**

All fruit was processed into purees by running 1 part fruit by weight plus 5 parts deionized (>16 mega ohm) water by weight through a laboratory blender.

**pH Analysis:**

Analysis of pH was performed on the puree using ETS method MIW009 (see below).

**Sulfur Dioxide Analysis:**

Analysis of Free and Total SO<sub>2</sub> was performed on the puree using either ETS methods MIW008 (Aeration-oxidation) or MIA024 (Flow injection) (see below). The Aeration-oxidation technique is the reference method to which the Flow injection method is corroborated.

Dilution factors based on actual fruit and water weights of the purees were used to convert SO<sub>2</sub> values back to mg/Kg fruit. Density of purees allowed for direct conversion of mg/L to mg/Kg of fruit.

Molecular SO<sub>2</sub> was calculated using the pH of the puree and the Free SO<sub>2</sub> calculated for the dried fruit. The calculation is based on the pKa of sulfur dioxide (pK<sub>1</sub> of 1.81, other pKs are irrelevant at these pHs). Online calculators such as ETS's at <http://www.etslabs.com/display.aspx?catid=48,50,83&pageid=149> or the formulas [Molecular SO<sub>2</sub> mg/L = Free SO<sub>2</sub> mg/L /((10^(pH-1.81))+1)], can be used.

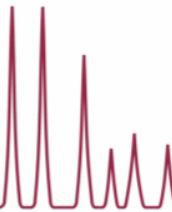
**Notes on methods:**

The methods used (MIW009, MIA024 and MIW008) are all A2LA accredited methods for wine and juice matrices.

MIW008 – Free and Total SO<sub>2</sub> by Aeration/Oxidation

Proprietary adaption of AOAC International OMA 940.20.

For Free SO<sub>2</sub>, the sample is acidified to release SO<sub>2</sub> gas which is then swept from the sample into a Hydrogen Peroxide solution. Hydrogen peroxide reacts with the SO<sub>2</sub> to form sulfurous acid which is then reacted with a measured amount of base to determine concentration. Total SO<sub>2</sub> is determined by performing the same process in the presence of heat.



## MIW009 – Electrometric determination of pH

Proprietary adaption of AOAC International OMA 960.19.

The activity of free hydrogen ions in solution is measured by an electrode connected to a potentiometer. The potentiometer measures the voltage between a reference and indicator electrode immersed in sample and is compared to solutions of known values via a linear calibration

MIA0024 – Free and Total SO<sub>2</sub> by Flow Injection Analysis

Proprietary method calibrated against AOAC International OMA 940.20

A known volume of sample is injected in to a carrier stream in a flow through system. The SO<sub>2</sub> is extracted from interfering compounds, in the case of Free SO<sub>2</sub> via acidification and diffusion through a membrane and in the case of Total SO<sub>2</sub> via dialysis upon heating. The SO<sub>2</sub> is then reacted with a dye, the resultant colour change is determined via comparison of the absorption of light at precise wavelengths to solutions of known values via a linear calibration.

Gordon Burns, Technical Director

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## **Attachment 2**

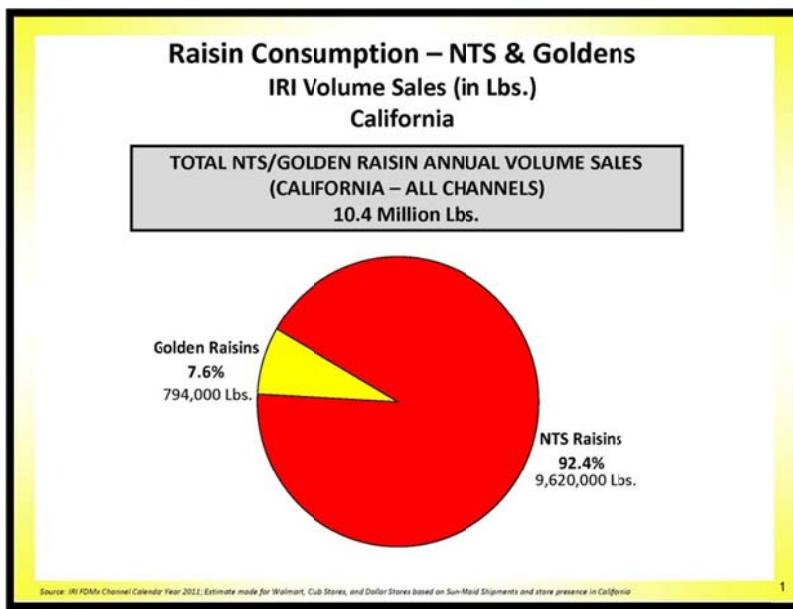
## Golden Raisin Retail Sales Data

IRI

Information Resources, Incorporated (IRI) is the U.S. leader in retail sales information in the United States. Suppliers purchase this information to determine geographic and demographic differences to better understand shopping and consumption behavior. This is available to be “sliced and diced” for specific and rolling four week to 52 week time periods and localized geographically.

Using this syndicated data for the most recent calendar year 2011 in California:

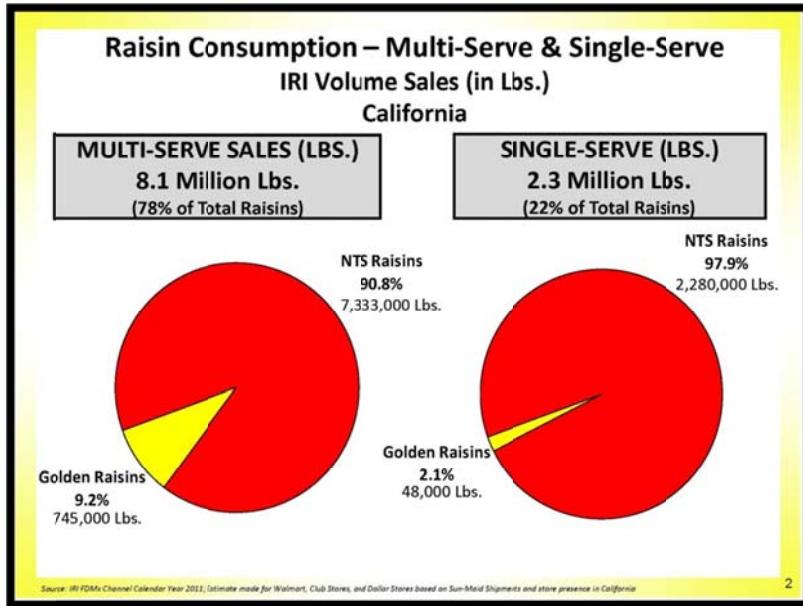
- Golden raisins only represent 7.6% of total raisin retail sales.



- Raisins are sold in “single-serve” packages (.5 oz., ½ oz., 1 oz., 1½ oz., 1¾ oz.) as well as “multi-serve” (9 oz., 12 oz., 15 oz., 24 oz., 32 oz.) which is primarily for in-home baking and recipe use.

When the raisin category is differentiated this way:

	<u>Overall</u>	<u>Multi-Serve</u>	<u>Single-Serve</u>
Golden Raisins	7.6%	9.2%	2.1%
Darks (non-sulfured)	92.4%	90.8%	97.9%



Or put another way:

	<u>Multi-Serve</u>	<u>Single-Serve</u>	<u>TOTAL</u>
Golden Raisins	745,000 lbs. 93.9%	48,000 lbs. 6%	793,000 lbs. 100%

Lastly, 12 month data demonstrates that golden purchases peak from October to December which is a high holiday baking season.

